MOTHER'S

HOME COOKING

Favorite DISHES

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Compiled By Marissa E. Del Rosario

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By M. J. Enriquez

PHILIPPINE BOOK COMPANY

FOREWORD

It is a joy to cook. It is fun, too. Good cooking keep the family happy and healthy.

Keep in Mind the Basic 7

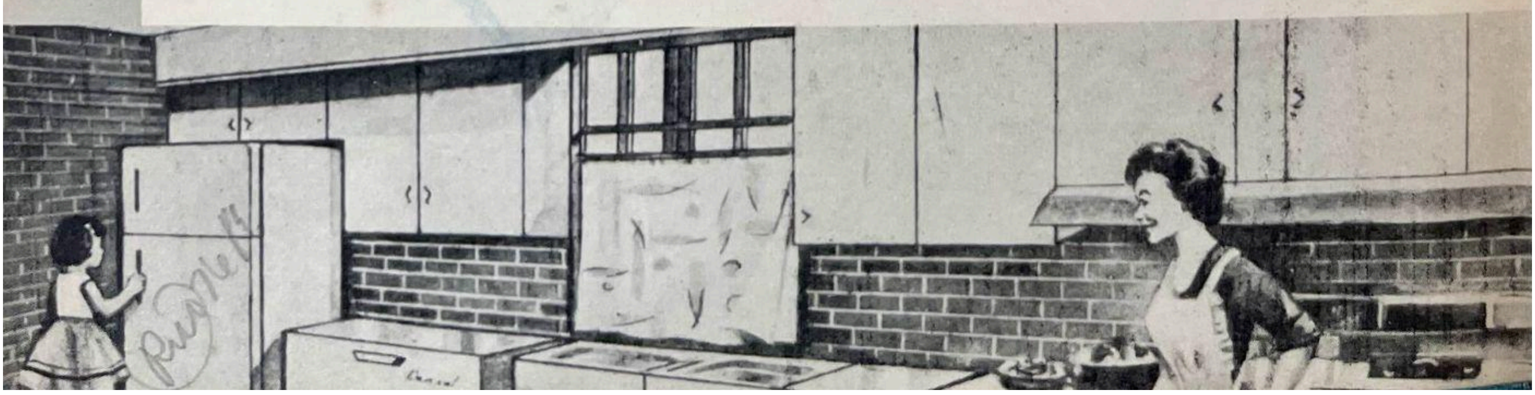
As you plan your main dishes, keep in mind the Basic 7 food groups. For such planning should be a part of the over-all menu planning which provides for serving foods from each of these seven groups daily:

1. Leafy, green, and yellow vegetables – one or more servings daily.
2. Citrus fruit, tomatoes, raw cabbage, and other high vitamin C foods – one or more servings daily.
3. Potatoes and other vegetables and fruit–two or more servings daily.
4. Milk, cheese, ice cream–children through teen-age should have 3 to 4 cups milk daily; adults should have 2 or more cups daily.
5. Meat, poultry, fish–one serving daily, if possible.
   Eggs–four or more a week.
   Dry beans and peas, nuts, peanut butter–two or more servings a week.
6. Bread and other cereal foods (whole-grain, enriched, or restored)–every day.
7. Butter and fortified margarine–some daily.

Meals to Suit the Family

Foods to serve with the main dishes are suggested at the end of each recipe. Choices will depend on available supplies, cost, the season, and what the family likes. When the protein in the main dish is limited, other protein foods are suggested for the menu, as salads or desserts containing egg or milk, to raise the total protein for the meal.

In some homes, noon is the time for the big meal of the day. In others, only at night can the family gather around the dinner table. In still others, where everyone is physically active, a big meal is needed both noon and night, and perhaps also at breakfast. But whenever the meal, the hearty dishes described in this booklet will help you to use a variety of economical foods to supply the protein your family needs.



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QUICK DISHES WITH LEFT-OVERS AND CANNED MEAT

Every good cook knows the value of left-over meat. Many a one has made quite a reputation for her smart ways of turning left-overs to good account. And in her home, the family looks forward with pleasure to the savory hash or scallop or some other excellent dish that follows yesterday's roast or steak or stew. Oftentimes the second or third "edition" is enjoyed even more than the first.

Canned meat has the good points of any other cooked meat so it too is quickly turned into a variety of appetizing dishes, hot or cold.

Of course, there is almost no end to the interesting combinations of cooked meat with other foods. The following recipes are offered as suggestions. They apply equally well to left-overs and canned meat. Where definite quantities of ingredients are given, they will usually make 5 or 6 servings.

Browned Hash

Mix thoroughly 1 quart of chopped boiled potatoes, 1 pint of chopped cooked meat, 1 finely chopped onion, and seasonings to taste. Or, grind the cooked meat, boiled potatoes, and an onion together in a food chopper, mix thoroughly, and season to taste.

Mold into flat cakes and fry slowly on both sides until crusty. Or, spread the mixture in an even layer in a lightly greased frying pan and cook slowly until a brown crust forms. Then, cover the pan and turn the hash out so the browned side is on top. Slip the hash carefully back into the frying pan with the uncooked side down, and allow this side also to become brown and crusty. Turn out on a plate, garnish with parsley, and serve.

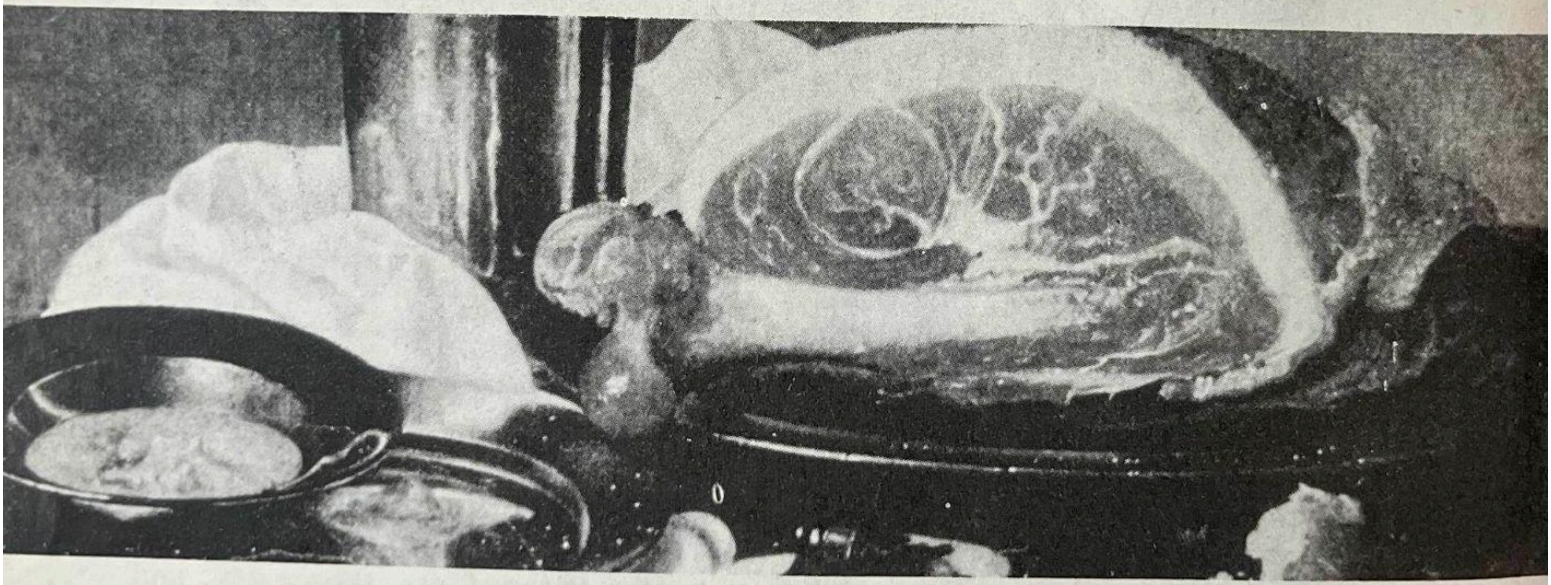
Beef or Veal Croquettes

4 tablespoons beef or veal drippings	Salt and pepper
5 tablespoons flour	1 egg
1-1/2 cups milk or thin gravy	1 tablespoon water
3 cups ground cooked beef or veal	Dry sifted bread crumbs
1 tablespoon chopped onion	Fat
1 tablespoon chopped parsley	

Make a thick sauce by combining the drippings and flour, and gradually stirring in the milk or gravy while cooking until smooth. Let the sauce stand until cold. Then add the meat and seasonings. Mold the mixture into croquette shapes. Dip into the egg beaten up with the water, roll in the bread crumbs, and allow to stand for an hour or longer in a cold place to dry the coating.

Brown croquettes in 3 to 4 tablespoons of hot fat in a frying pan, or in deep fat. To fry in deep fat, heat the fat in a deep vessel to 350° F., or until hot enough to brown an inch cube of bread in 40 seconds. Place several croquettes at a time in a frying basket and lower slowly into the hot fat and fry to a golden brown. Remove the croquettes and drain on paper to take up the fat.

Or bake croquettes instead of frying, if preferred. Make a stiffer mixture by adding about 1/2 cup soft bread crumbs or mashed potatoes to the above ingredients. Mold the croquettes into flat cakes, coat with crumbs and egg as described. Bake in a greased pan in a hot oven (400° F.) until browned on the bottom; then turn the croquettes to brown them on the other side.



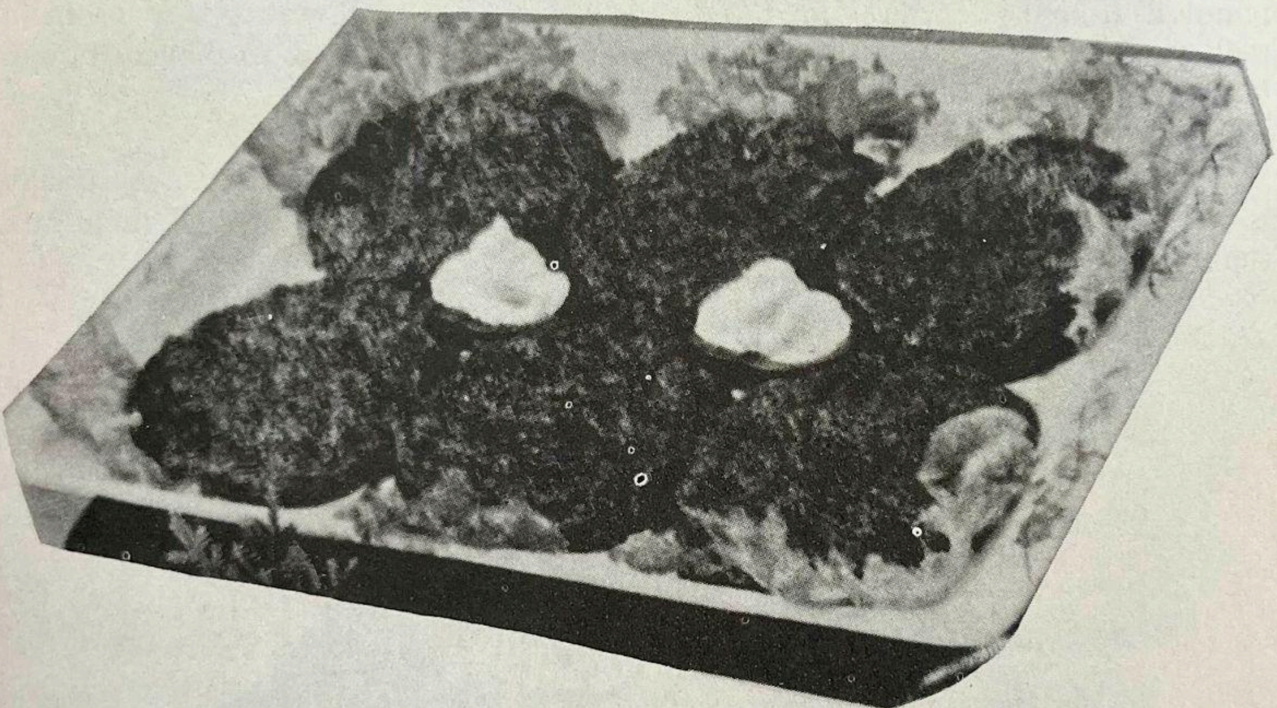
Cabbage Rolls

Wash fresh green cabbage leaves and wilt them in hot lightly salted water until they become limp enough to roll. Make the cooked meat mixture and put some of the mixture on each cabbage leaf, and roll it up. Place the rolls in a baking dish; add hot gravy or a very little hot water, cover the dish, and bake in a moderate oven (350°F.) for about 3/4 hour, or until the cabbage is tender.

Meat Timbales

3 tablespoons fat
3 tablespoons flour
1-1/2 cups milk
3 eggs
3 cups ground cooked lamb or veal
Salt and pepper to taste
1 tablespoon chopped parsley

Make white sauce of the fat, flour, and milk. Add the well-beaten eggs, meat, and seasoning, and mix thoroughly. Pour into greased custard cups. Place the cups in a pan of hot water. Bake in a moderate oven (350° F.) about 3/4 hour, or until the mixture is firm in the center. Turn the timbales out and serve hot, with thin gravy or white sauce.



Pork Adobo

1/4 kilo lean pork with medium amount of fat
3 T. vinegar
2 cloves garlic
1-1/2 t. salt
1 c. water
a few pepper corns

Wash the meat and cut it into pieces the size desired. Put the meat, salt, vinegar, crushed garlic and pepper corns together and allow the mixture to stand for 10 minutes. Stir once or twice in order that the seasoning may soak in uniformly.

Put the mixture into a carajay or other suitable container, add the water, cover, and let simmer until tender—about 45 to 50 minutes. Stir the meat a few times during the cooking.

Plain Fried Liver

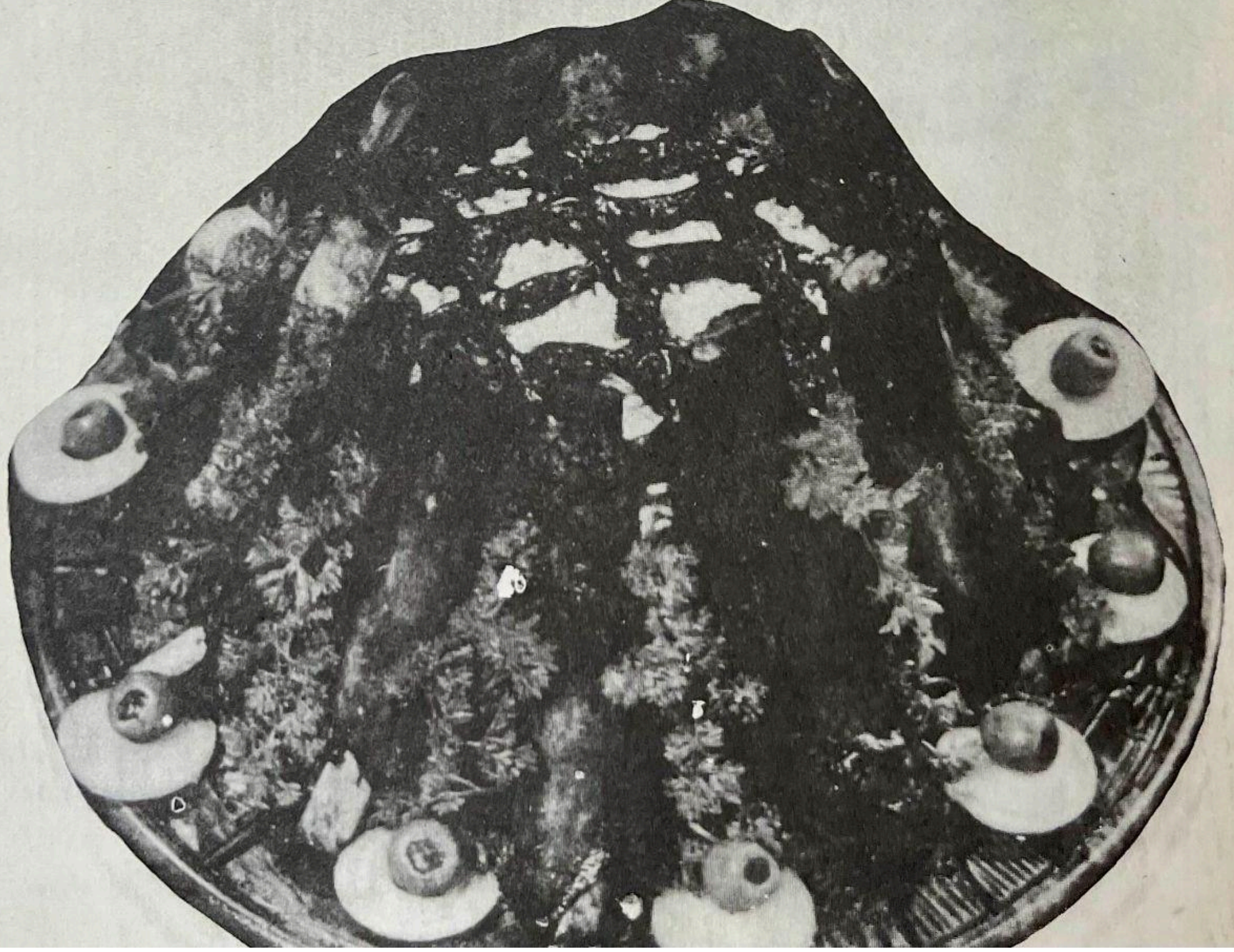
1/4 kilo liver	2 t. salt	2 T. fat

Wash the liver or wipe it carefully with a clean, wet cloth. Remove the blood vessels and thin outer skin. Cut the liver into slices about 8 or 10 mm. thick; sprinkle with salt. Place the liver in hot fat in the frying pan, cover, and cook slowly until done. Turn it over several times while cooking. Add a tablespoonful of water to the frying pan 3 or 4 times during the cooking. This helps keep the liver moist.

Usually beef liver cooks in about 15 minutes and hog liver in about 20 minutes. Liver from young animals cooks a few minutes less than that from old ones.

To make gravy, add a teaspoonful of fat and of flour after the cooked liver is removed from the frying pan; brown slightly; then add slowly about a cup of milk to the hot fat and cook 3 or 4 minutes. Stir all the time to prevent lumps. If no milk is available, water may be used for making the gravy, but milk gravy tastes better and is more nutritious than water gravy.

Serve both the liver and the gravy hot. Milk and other thickened gravy usually is not mixed with the liver on the serving plate, but is put on the table in a separate dish and then passed around.



Sinigang na Baboy

- **1/2 kilo pork, cut into convenient-sized pieces**
- **2 tomatoes, quartered**
- **2 medium-sized gabi roots, peeled and sliced 1" long**
- **1 radish, peeled and sliced 1" thick**
- **5 leaves mustaza**
- **4 pieces green tamarind fruit**
- **1 quart water**
- **Patis and pepper to taste**

Place the pork, tomatoes, green tamarind and water in a pan. Cover and cook until the pork is almost done. If the meat is tough, more water maybe added. Add radish, gabi, mustaza leaves. Season with patis and pepper. Cover and cook until vegetables are done. There should be enough broth to cover meat and vegetables. Serve with patis.

Pork and Beef Sinigang

- **1 tbsp. lard**
- **2 cloves garlic, crushed**
- **1 onion**
- **6 medium-sized tomatoes**
- **10 pcs. camias**
- **1 tbsp. patis**
- **1/2 kilo beef (sisigangin) cut in serving pieces**
- **6 pcs. native gabi**
- **6 cups rice water**
- **3 cups kangkong leaves and tender stalks**
- **5 pcs. long pepper**
- **1-1/2 tsps. salt**
- **1 tsp. monosodium glutamate**
- **1/2 kilo pork sisigangin, cut in serving pieces**

Saute garlic in hot lard until golden brown. Add onions and cook until they become transparent. Put in the tomatoes and camias. When soft, crush them and add the patis. Drop the beef and cook, covered for 5 minutes. Add the pork, cook 5 minutes more, turning occasionally. Pour in rice water and cover tightly. Let boil. When boiling, reduce the heat and simmer until pork and beef become tender. Add the gabi. When tender, drop the kangkong and sili. Season with salt and monosodium glutamate. Serve hot.

Embutido

1/2 kilo pork
1/2 chorizo de bilbao (peeled)
2 cans vienna sausage
1 small box raisins
4 cucumber pickles
2 egg whites, 2 egg yolks
1/2 american bread (soaked in milk)

Grind pork twice, sausage only once, chorizo twice, and american bread. Chop pickles and mix all the other ingredients. Season with salt and pepper. Wrap in leaf lard and bake at 350° F for about 30 minutes or until brown. To the drippings add 1 cup of broth. Strain and thicken with 1 tablespoon toasted flour and butter.

Callos

1/2 pata, cooked, boned and sliced
6 segments garlic, crushed
1/2 medium onion, sliced
1/4 cup tomatoes, sliced
5 tablespoons lard
1 chorizo de bilbao, sliced
Salt to taste
3/4 cup lapay, sliced
1/4 kilo potatoes, cut into cubes
1 medium carrot, cut into cubes
1 medium green pepper, cut into narrow strips
1/2 cup peas

Cook pata in 5 cups water until tender. Saute garlic, onion, tomatoes and chorizo. Add pata, liver, lapay, potatoes and carrots. Cover and cook over low heat for 5 minutes. Add broth. Season with salt. Add green pepper and peas. Cover and cook 5 minutes. Serves 6.

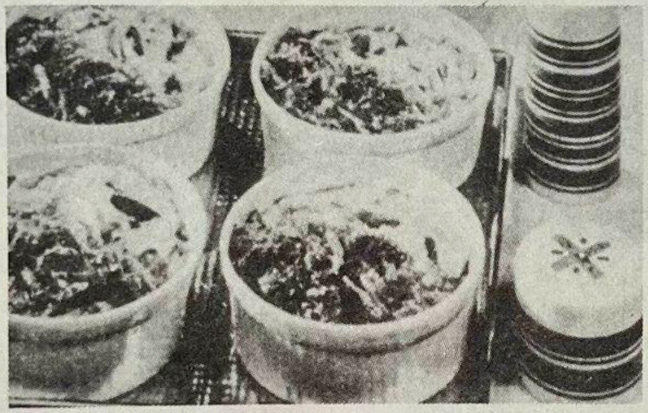
STEWS IN VARIETY

There's nothing more tasty than a piping hot, perfectly cooked stew. The toughest and cheapest cuts of meat make excellent stews. Also, many small pieces of tender meat are just right for stewing.

Some stews are made of all meat, some are part meat and part vegetables. For 5 to 6 generous servings, 2 pounds of lean raw meat without bone makes a good all-meat stew. Browning the meat gives it richer flavor. For meat and vegetables stew, combine meat and vegetables in any desired proportion. Vegetables are at their best when cooked quickly, so do not add them until the meat is almost if not altogether tender.

Once a stew is made there are many simple attractive ways to serve it. For variety, try a savory stew in a border of riced potatoes, flaky rice, or with dumplings; as filling for hot biscuits in meat shortcake; scalloped with macaroni or spaghetti; or as meat pie under a lid of biscuits, pastry, or mashed potatoes.

In the recipes that follow, the quantities of lean, raw meat called for do not include bone or excess fat.



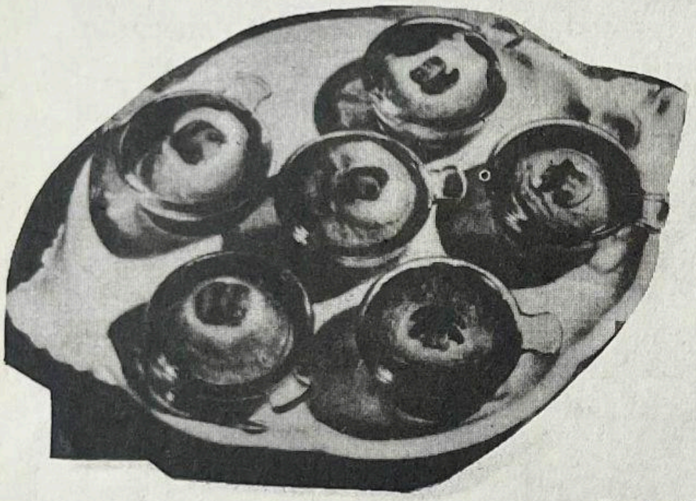
Savory Brown Stew

For a stew, select beef or veal neck, plate, brisket, flank, or shank; or lamb shoulder, neck, flank, or shank. Cut about 2 pounds of lean raw meat into inch cubes and sprinkle with salt, pepper, and flour. Brown in 2 to 3 tablespoons of fat and add a sliced onion. Add water to cover, put a lid on partly, and cook slowly until the meat is tender. Lamb or veal will probably cook tender in 1-1/2 to 2 hours; beef may need 2-1/2 to 3 hours. If the stew is not thick enough by the time the meat is tender, mix 1 to 2 tablespoons flour to a smooth paste with an equal quantity of cold water. To the paste add several spoonfuls of the stew, then stir the mixture into the rest of the stew and cook until smooth and thickened. Season to taste with salt and pepper, and add chopped parsley if available.

Savory Fish Stew

1 k. lapu-lapu or apahap
2 cloves crushed garlic
3 large onions, sliced
1/2 c. chopped tomatoes
2 green pepper, sliced
2 large potatoes, sliced
1 laurel leaf
A few grains black pepper
4 or 5 c. water
1 tbsp. paprika
Salt to taste

Clean the fish, cut into fillets and sprinkle with salt. Set aside. Saute the garlic, onion, and tomatoes. Add the potatoes, pepper, fish, laurel leaf and pepper. Transfer ingredients to a kettle, adding the water. Bring to a boil, cover and simmer for 20 minutes. Then add the parika. Season with salt. Cover and simmer 20 minutes longer or until vegetables are tender and fish is done. Serve hot.



Pork Stew

1-1/2 pounds lean raw pork
Salt and pepper
Flour
2 onions, sliced
Fat
4 potatoes, diced
4 carrots, diced
2 turnips, diced
1 tablespoon chopped parsley, if available

Cut the meat in inch cubes; sprinkle with salt, pepper, and flour; and brown with the onions in 2 to 3 tablespoons of fat. Add water to cover and let lamb simmer 1-1/2 hours or until tender. Mutton takes more time, probably 2-1/2 to 3 hours. Add the diced vegetables and cook until tender. If the stew is not thick enough, mix 1 to 2 tablespoons flour with an equal quantity of cold water to make a smooth paste. To the paste add several spoonfuls of the stew, then stir the mixture into the rest of the stew and cook until smooth and thickened. Season with salt, pepper, and parsley.

PORK AND BEEF

Ragout of Beef

- **2 pounds lean raw beef**
- **Salt and pepper**
- **Flour**
- **Fat**
- **1 onion, chopped**
- **1 green pepper, chopped**
- **1 cup chopped celery and leaves**
- **2 tablespoons chopped parsley**
- **Paprika**

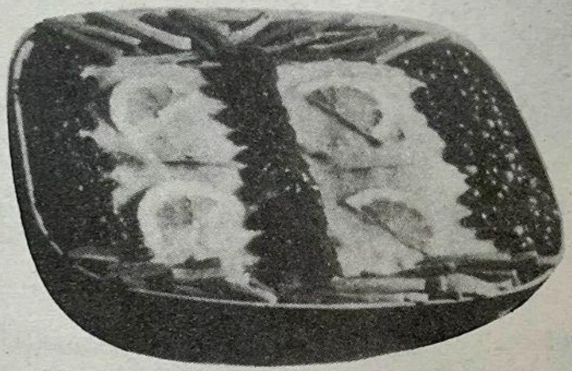
Cut the beef in inch cubes and sprinkle with salt, pepper, and flour. Brown well in 2 to 3 tablespoons of fat, and while browning add the onion, green pepper, celery, and parsley. Sprinkle with paprika, add water to cover, put on a lid, and cook slowly for 2-1/2 to 3 hours or until the meat is tender. If the stew is not thick enough, mix 1 to 2 tablespoons of flour to a smooth paste with an equal quantity of cold water. To the paste add several spoonfuls of the stew, then stir the mixture into the rest of the stew and cook until smooth and thickened. Season to taste with salt and pepper, adding, if desired, tomato catsup, or chili sauce, or grated horseradish.

Hungarian Goulash

1/4 pound mild salt pork	1 green pepper, sliced
3/4 pound lean raw beef or veal	1 bay leaf
3/4 pound lean raw pork	Several whole cloves
Salt and pepper	3 potatoes, diced
Flour	3 carrots, diced
1 onion, sliced	

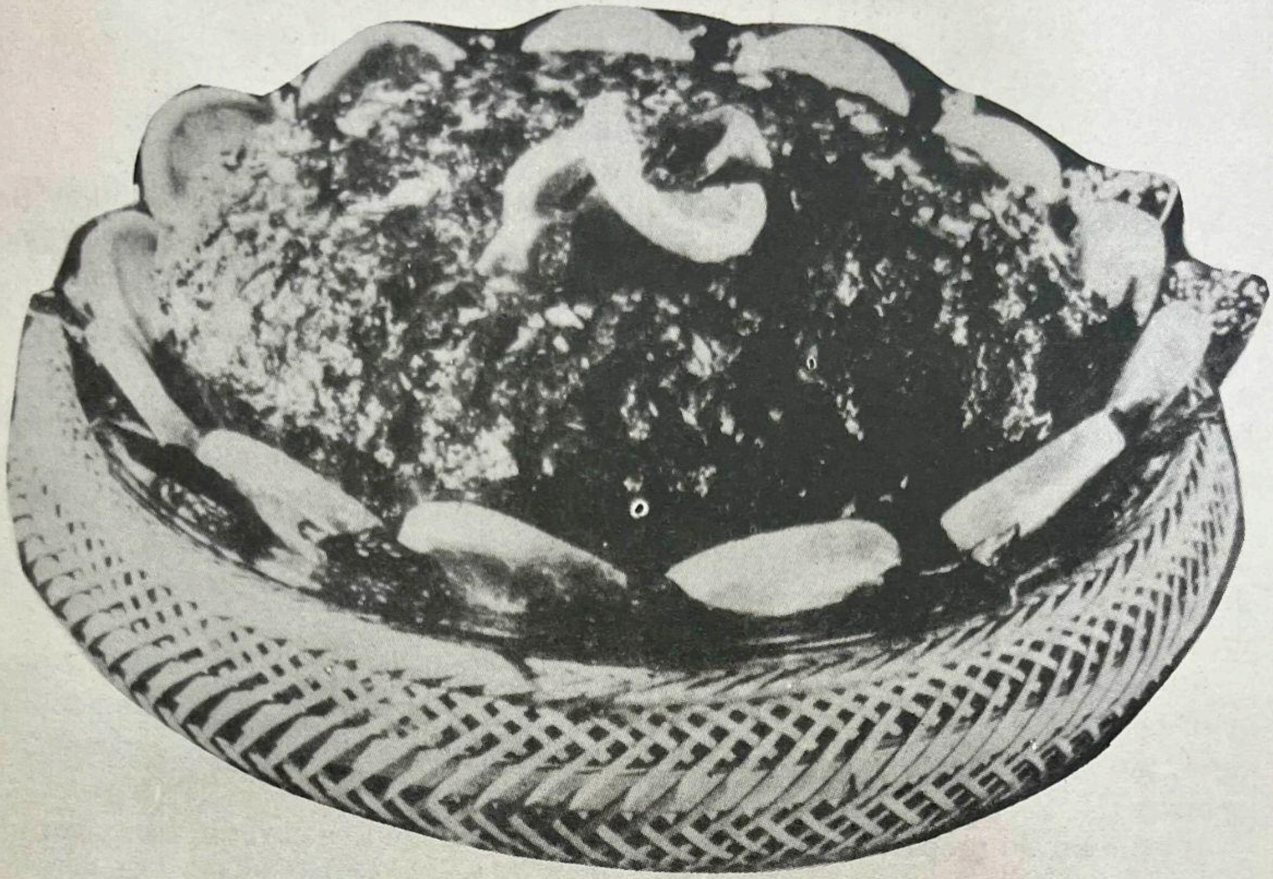
Dice the salt pork and fry until crisp. Cut the lean raw meat in inch cubes, sprinkle with salt, pepper, and flour, and brown in 2 to 3 tablespoons of the salt pork drippings. Add the onion and green pepper and cook for a few minutes. Add water to cover and the bay leaf and cloves, put on a lid, and cook slowly for 2 to 3 hours or until the meat is tender. Then add the diced potatoes and carrots, and cook until tender.

If the stew is not thick enough, mix 1 to 2 tablespoons of flour to a smooth paste with an equal quantity of cold water. To the paste add several spoonfuls of the stew, then stir the mixture into the rest of the stew and cook until smooth and thickened. Season to taste with salt and pepper.



Boiled Dinner, Modern Style

Select 3 to 4 pounds of corned beef. Wash the meat. Put on to cook in cold water, bring to the boiling point to take out excess salt, then drain. Cover the meat again with about 4 quarts of water, and let it simmer until tender–about 3 to 4 hours. If possible, let the meat cool for an hour or more in the broth, then remove it. Meat cooked in water is juicier if cooled in the broth. If the liquid is too salty, pour off part of it and add sufficient fresh water to have at least 3 pints of well-flavored broth. To this add whole onions, and if they are very large, cook them about 20 minutes before putting in whole turnips, carrots, and potatoes. Lastly add a head of cabbage, cut in sections down through the center stalk so that the pieces will keep their shape. Cook until all the vegetables are tender. Reheat the meat. Serve the boiled dinner on a large platter, with the meat in the center and the vegetables drained and placed neatly around it. Serve with grated horseradish, if desired.



Pressed Corned Beef

Simmer 3 to 4 pounds of corned beef brisket in water to cover for 3 to 4 hours or until the meat is tender. If the corned beef is very salty change the water several times. While the meat is hot, separate gristle and excess fat from the lean. Line a bread pan with tough paper or a strip of cheese-cloth, lay the pieces of lean meat in the pan so that the fibers of the meat run lengthwise, and add about 1/2 cup of the meat broth. Cover the meat with paper or cheesecloth, and press it down with a heavily weighted pan or board. Chill overnight. Turn the pressed meat out of the pan, slice very thin across the grain, and serve with horseradish sauce or a spicy relish.

"Boiled" Ham or Shoulder

The hock end of a ham, the picnic shoulder, and the boneless shoulder butt, are all good low-cost cuts of cured, smoked pork.

Scrub the meat before cooking. Cover with cold water and simmer (do not boil) until the meat is tender. Allow 3 to 4 hours for the hock end of a ham or for a picnic shoulder, and 2 to 2-1/2 hours for a boneless shoulder butt. A whole ham usually requires about 25 minutes to the pound. If possible, let the meat cool for an hour or more in the broth.

STUFFINGS FOR PORK

Stuffings for Roasts

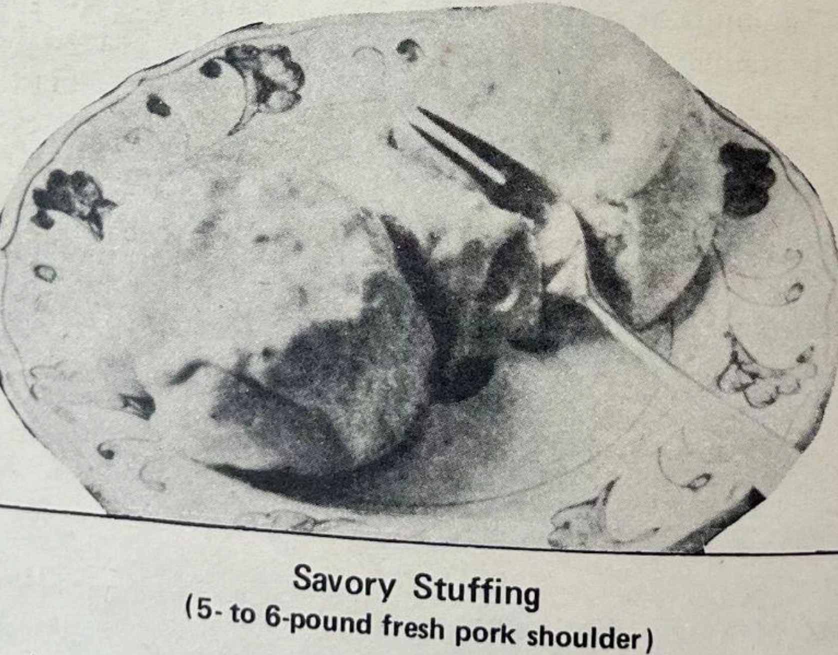
Well-Seasoned stuffings are good "extenders" for the cheaper cuts. Follow the same general rule for mixing and stuffing, but remember "variety is the spice of life" and try different seasonings now and then.

For the "dry" type of stuffing in the following recipes, use medium dry bread–3 to 5 days old. Pick the pieces of bread apart with the fingers, until all the crumbs are fine and are even in size. A 1-pound loaf makes about 1 quart of fluffy crumbs. Add melted fat for richness–about 1 tablespoon for a cup of crumbs. Then use any seasonings desired–savory or thyme, or onion, celery, parsley. Dried fruits, sausage, diced salt pork fried crisp, or tart candied apples may also be added to stuffings. If desired, rice, potato, or some other starchy base may be used instead of the bread crumbs.

Stuffing swells as it absorbs meat juice so pile it in lightly, don't pack. If the roast is to be cooked promptly, put the stuffing in hot. If it is to be stuffed and cooked later, put the stuffing in cold and keep the meat chilled so there will be no danger of spoilage.

If crumbs are prepared in advance of using, keep them in a covered container in a cold place.

In the following recipes quantities are given according to meats of a certain weight and cut. If desired, these stuffings may be used with other meats or other cuts, but quantities must be adjusted accordingly.



Savory Stuffing

(5- to 6-pound fresh pork shoulder)

- 1/4 cup chopped celery and leaves
- 1 tablespoon chopped onion
- 1 tablespoon chopped parsley
- 2 tablespoons fat
- 2 cups soft bread crumbs
- 1/4 teaspoon savory seasoning
- Salt and pepper to taste

Cook the celery, onion, and parsley in the fat for a few minutes. Then add the bread crumbs and other seasonings and stir until well mixed and hot.

Apple Stuffing

(2 to 3-pound sections spareribs)

1/2 cup chopped celery and leaves	5 tart apples, diced
1/2 cup chopped onion	1/2 cup sugar
1/4 cup chopped parsley	1 cup soft bread crumbs
2 to 3 tablespoons fat	Salt and pepper to taste

Cook the celery, onion, and parsley for a few minutes in one-half of the fat, then remove them from the pan. Put the rest of the fat in the pan, heat, and add the diced apples. Sprinkle the apples with the sugar, cover, and cook until tender. Then remove the lid and continue to cook until the apples are candied. Mix the vegetables, salt, and pepper with the apples and bread crumbs.

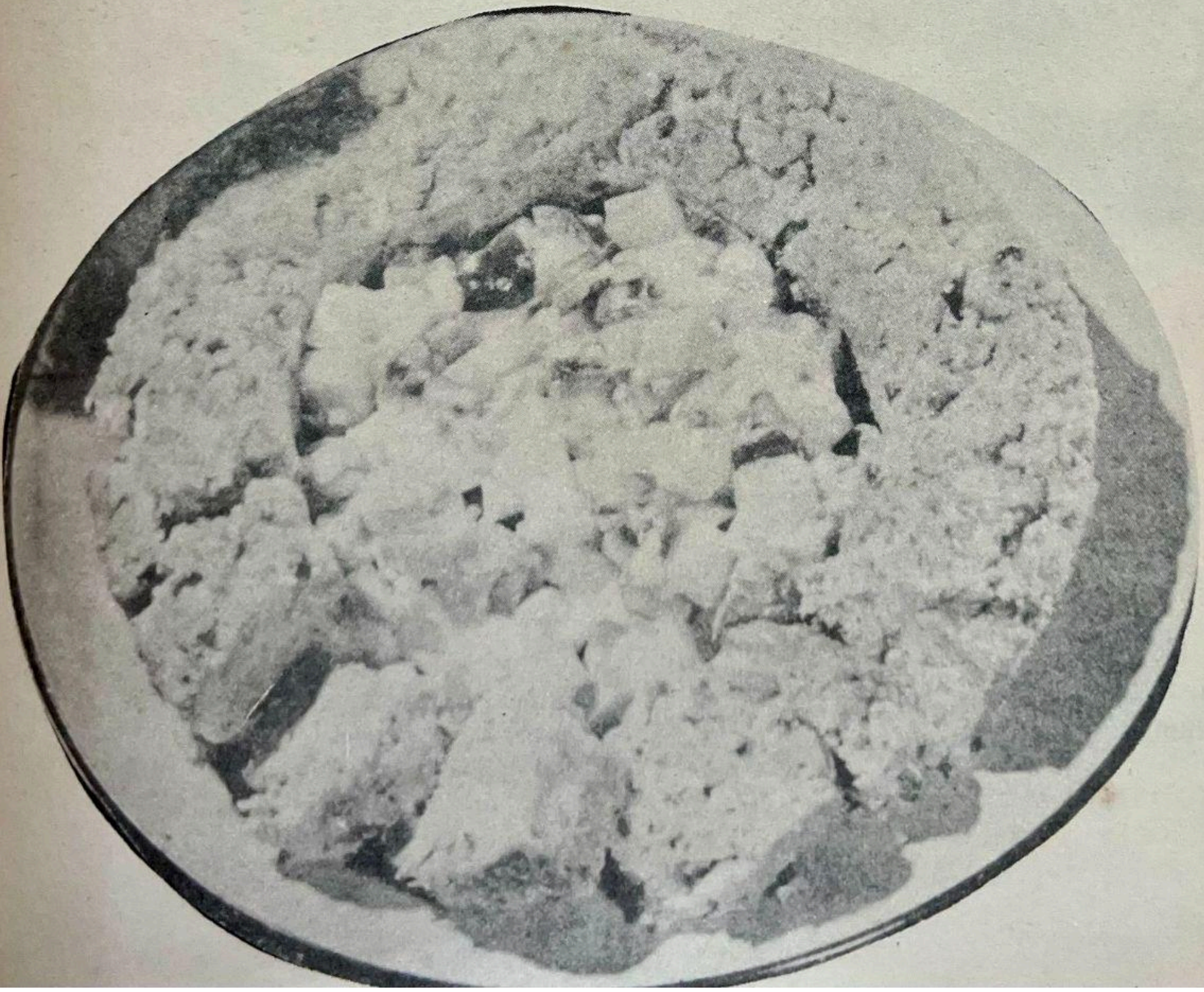
Raisin Stuffing

(4- to 5-pound cured pork shoulder)

1 tablespoon chopped onion	1/2 pound raisins
1 cup finely cut celery and leaves	2-1/2 cups soft bread crumbs
2 tablespoons chopped parsley	Salt to taste
2 tablespoons fat	

Cook the onion, celery, and parsley in the fat for a few minutes. Mix the raisins thoroughly with the bread crumbs and stir into the cooked vegetables. Salt lightly. If desired, add the grated rind of one-half lemon.

For a 9- to 10-pound, long-cut shoulder, double the quantity of stuffing.



Mint Stuffing

(3- to 4-pound shoulder of lamb)

1-1/2 tablespoons chopped onion
3 tablespoons chopped celery and leaves
4 tablespoons fat
1/2 cup fresh mint leaves
3 cups soft bread crumbs
Salt and pepper to taste

Cook the onion and celery for a few minutes in the fat. Then stir in the mint leaves and bread crumbs, season with salt and pepper, and mix all the ingredients together until hot. This quantity of stuffing is for the cushion-style shoulder.

For a rolled shoulder use one-half the quantity of bread crumbs and of other ingredients.

Forcemeat Stuffing

(3-pound breast of lamb including foreshank)

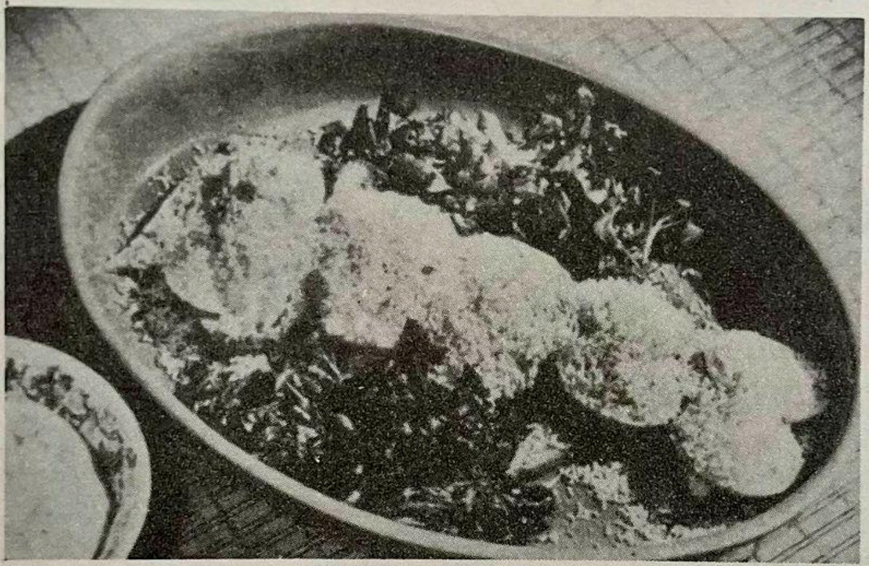
1/4 cup chopped celery and leaves
1 tablespoon chopped onion
1 tablespoon chopped parsley
2 tablespoons fat
3/4 to 1 cup ground lean meat
2 cups soft bread crumbs
1/4 teaspoon savory seasoning
Salt and pepper to taste

Cook the celery, onion, and parsley in the fat for 2 or 3 minutes. Add the ground meat from the lamb foreshank, or from another cut, and cook until slightly brown. Then add the bread crumbs and seasonings and stir until well mixed and hot.

Roast Fresh Pork Shoulder With Savory Stuffing

Select a 5- to 6-pound fresh pork shoulder, skin it, and remove the bones. Make savory stuffing. Sprinkle the meat on the inside with salt, and pepper, and pile in some of the stuffing. Begin to sew the edges of the shoulder together to form a pocket, and gradually work in the rest of the stuffing, but do not pack tightly.

Sprinkle the outside of the stuffed shoulder with salt and pepper, and if desired with flour also. Place the roast, fat side up, on a rack in a shallow pan. Do not add water and do not cover. Cook until tender in a moderate oven (325° F.). Allow about 4 hours for a 5-pound picnic shoulder of pork. Turn the roast occasionally for even cooking. Make gravy with the pan drippings. Remove the strings before serving.



Roast Cured Pork Shoulder With Raisin Stuffing

Select a 4- to 5-pound cured pork picnic shoulder, skin it, and remove the bones. Soak strongly cured meat overnight in cold water to cover, drain, and wipe dry. Mildly cured meat need not be soaked.

Make raisin stuffing. Pile some of the stuffing into the shoulder, begin to sew the edges together to form a pocket, and gradually work in the rest of the stuffing, but do not pack tightly. Lay the stuffed shoulder, fat side up, on a rack in a shallow pan. Do not add water and do not cover.

Cook until tender in a very moderate oven (300°-325° F.). A 4 - to 5-pound shoulder will require about 4 hours. Turn the meat from time to time for even cooking. Remove the strings before serving.

A 9- to 10-pound, long-cut shoulder makes an excellent roast and will serve 12 to 15 persons. Cook this cut at very moderate heat also (300° F.) for 5 to 6 hours, or until the meat is tender.

Roast Pork Spareribs with Apple Stuffing

Select 2 well-fleshed rib sections that match and weigh about 2 pounds each. Saw or crack the breastbone so it will be easy to carve between the ribs.

Make apple stuffing. Lay one section of the ribs out flat, sprinkle with salt and pepper, and spread with the stuffing. Cover with the other section and sew the two together. Sprinkle the outside with salt and pepper, and if desired with flour also. Lay the stuffed ribs on a rack in a shallow pan. Do not add water and do not cover.

Cook in a moderate oven (350°-375° F.) until the meat is tender and thoroughly done—allow about 1-1/2 hours. Turn occasionally for even cooking. Remove the strings before serving. Make gravy from the pan drippings.

Roast Pork Shoulder With Mint Stuffing

Select a 3- to 4-pound cured pork shoulder plump and well-fated. Take out all the bones and save them for broth. According to the way the shoulder blade is taken out, the shoulder may be stuffed and rolled, or stuffed to make a cushion. The cushion-style shoulder holds more stuffing and is easier to sew together than the roll. Either of these completely boned stuffed shoulders can be carved straight through in attractive slices of part meat and part stuffing.

Make mint stuffing. Sprinkle the inside of the meat pocket with salt and pepper, pile the stuffing in lightly, and sew the edges together. Sprinkle the outside with salt, pepper, and flour also if desired. Place the stuffed shoulder, fat side up, on a rack in a shallow pan. Do not add water and do not cover.

Cook until tender in a moderate oven (350° F.) – allow about 2-1/2 hours. Turn occasionally for even cooking. Remove the strings before serving. Serve piping hot with gravy made from the pan drippings, or chill and serve cold.

CLAMS AND FISH AND SHRIMPS

Escabeche

1 medium-sized fish (bangus or apahap)
1 tsp. salt
1 large onion, sliced
1 sweet green and red pepper in strips (big)
1 carrot in strips
1-1/2 c. water 2 cloves garlic, crushed

4 apulid, sliced
4 tbsp. vinegar
4 tbsp. sugar
3 tbsp. toyo
2 tbsp. starch
Lard or cooking oil for frying

Sprinkle salt on the clean fish and set aside for ten minutes or more. Drain and fry in hot lard until golden brown. Saute garlic, onion, pepper, carrots and apulid. Set aside and prepare the sauce as follows:

Mix vinegar, sugar, toyo, and water. Thicken with flour and cook in low heat until of desired consistency. Add the sauted vegetables to this sauce and boil for 5 minutes.

Pour the sauce over the fried fish and garnish with young green onion.

Burong Dalag

1 medium-sized dalag
1 cup salt
1 tablespoon angkak

1 cup rice
2 cups vinegar

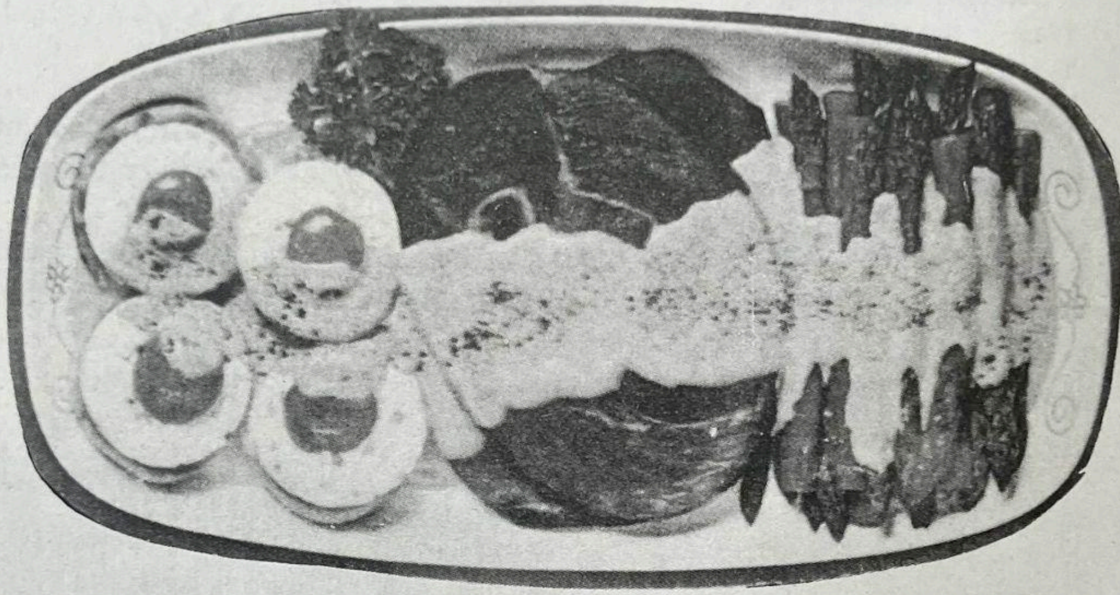
Clean the fish; cut into fillets. Salt generously and let stand overnight. Cook rice in water. When done, add finely powdered angkak. Mix well. Add salted fish to rice. Mix well. Place mixture in a glass jar. Cover tightly. Let stand at least three days, at best five – or until mixture turns sour. To cook: saute garlic, onion, and vinegar to taste. Add a little water if mixture is too thick. Serve hot or cold.

Dalag in Curry Sauce

1 big dalag	**1/4 cup flour**
Salt and pepper	

Clean dalag; cut into fillets. Season with salt and pepper. Coat with flour. Fry. Set aside.

Curry sauce: Fry two small minced onions and bit of kinchay in oil. Mash cooked onion and kinchay with pepper. Add 1 teaspoon curry powder, salt to taste, small amount of flour to thicken. Simmer. Serve hot with dalag.



Lapu-lapu Bonne Femme

1 whole Lapu-lapu	**1/2 qt. white wine**
4 oz. butter	**4 oz. flour**
1-1/2 lbs. mushroom, sliced	**1 qt. Hollandaise sauce**
1/2 c. shallots or leeks	**1 qt. whipped cream unsweetened**
1/4 lb. parsley, chopped	**1 qt. fish fumet**

Clean whole lapu-lapu and place in a butter pan. Sprinkle sliced mushrooms, chopped shallots, chopped parsley and white wine over the fish. Add the fish stock. Cut brown paper to size of pan, grease and use to cover the pan. Place the pan on the range and bring to a boil. Then place in 400°F oven and cook 5 to 6 minutes or until fish is done.

Pour off fish stock from the pan. Strain, reserving vegetables. Melt the butter, add flour and blend. Cook for 5 minutes. Add the fish fumet to it for a fish veloute.

Add mushrooms, shallots and chopped parsley to the veloute. Work Hollandaise sauce into veloute; season to taste. Place under the broiler to brown lightly. Serve and garnish with slice eggs and pimiento strips.

Tomato Crab Salad

6 big ripe nice tomatoes
1 tsp. chopped onion
Pimiento and lettuce for garnishing
Mayonnaise
1 c. crab meat (boiled)
1 tsp. pepper

Wash tomatoes. Scoop inside and drain tomato juice and chill. Mix mayonnaise, pepper and crab meat. Fill the tomatoes with this mixture. Garnish with pimiento and arrange nicely in lettuce bed.

Shrimp Cocktail on Avocado

30 medium-sized shrimps
Avocado (cut in halves)

Wash the shrimps and boil in salted water until deep red. Cook for about 10-15 minutes. To intensify red color paprika may be used. Remove shell carefully and black line that runs the length of the back, when cold. Chill the shrimps and place in chilled avocado halves. For each serving use 5-6 shrimps. Prepare cocktail sauce.

Shrimp Butter

3/4 c. shrimps (cooked)
2 tbsp. lemon juice
1/2 cup butter

Clean the shrimps. Pound to a paste of wooden bowl. Cream butter until it is very smooth. Mix thoroughly and add shrimp paste and lemon juice making a mixture of 1-1/4 cup.

Shrimp Orange Salad

7 oz. can shrimps
1 c. diced celery
1 tsp. minced onion
3 large oranges (sectioned)
Mayonnaise

Remove black lines from shrimps, chill. Combine shrimps, onion, celery and sectioned oranges. To the mixture add mayonnaise. It's indeed nice when served in crisp lettuce cups. Serves 6.

Camaron Rebosado with Acharra

20 med.-sized shrimps	**Pepper**
4 eggs	**Salt**
2 tbsp. cornstarch	**2 c. water**
2 tbsp. toyo	

Boil 2 cups of water seasoned with pepper and salt. When the shrimps are boiling deep remove them from the fire. Remove and set aside the shells and heads of the shrimps with the tail ends.

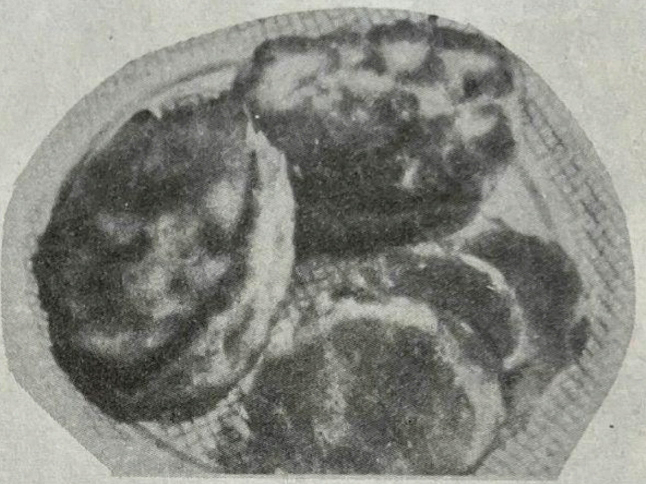
Beat 4 eggs until thick and lemon colored. Then add 2 tbsp. toyo and pepper together with salt, and 2 tbsp. cornstarch. Dip the shrimps to the egg mixture. Fry in deep hot fat until they turn golden brown. Serve with the following: Sweet sour sauce, or Radish or Papaya acharra.

Potato Shrimp Salad

1/2 c. celery
1-1/2 k. potatoes
1/2 c. shrimp
1/2 bottle sweet pickles
Mayonnaise
8 eggs
2 egg yolks

Mix all the ingredients. Add the seasoning salt, pepper and a little vinegar to taste.

MIXED PICKLES



Fish en Adobe

1 large fish
5 tablespoons water
1 head garlic, crushed
5 tablespoons vinegar
1 onion, minced
6 green peppers, sliced in strips
2 laurel leaves
Salt
cooking oil for frying

Clean the fish; cut crosswise in pieces 2-1/2 centimeters thick. Salt and fry and set aside.

Fry garlic, onions and pepper. Add the laurel leaves and vinegar. Add the fish and water. Season to taste and continue simmering for about 5 minutes. Serve 6.

Savory Shrimp Cocktail

1-1/2 pounds fresh shrimp
1/3 cup salad oil
2 tablespoons vinegar
Salt and Pepper to taste
2 tablespoons prepared mustard
1 teaspoon paprika
2 green onions with tops, minced
1 celery heart, minced.

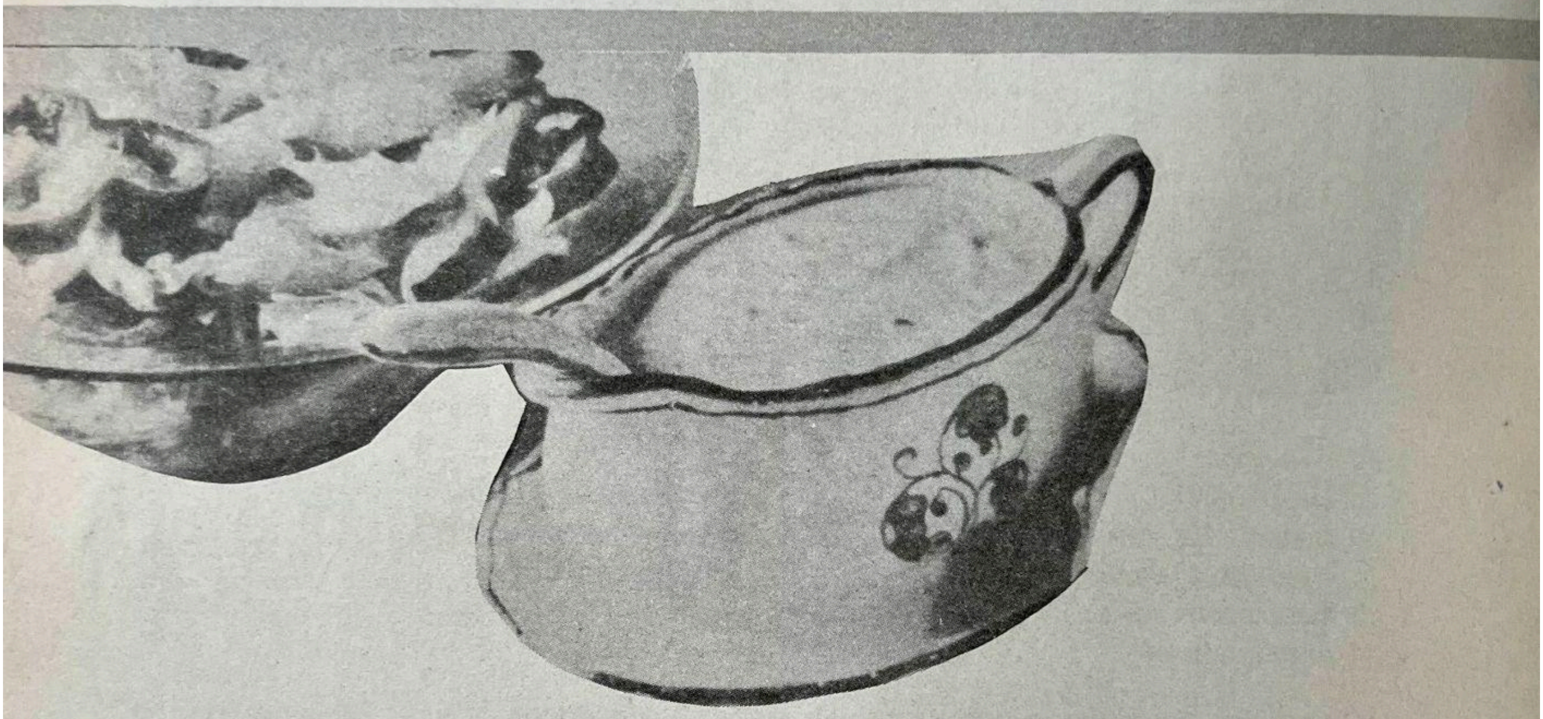
Clean shrimp and cook. Mix thoroughly all the remaining ingredients—pour the mixture over the shrimp and toss lightly. Chill in the refrigerator for 2 hours. Serve as an appetizer on shredded lettuce or crisp lettuce leaves.

Prawns Continental Style

- 12 large prawns
- 1 cup mayonnaise
- 1/2 cup chopped pickles
- 2 tsps. refined sugar
- 1 tsp. finely chopped olives
- 1 tbsp. finely chopped parsley
- 1 tablespoon finely chopped onions
- Salt to taste

With sharp kitchen knife cut prawns from the anterior of the body to the tail. Brush with melted butter. Broil until meat and shell are pink. Serve with tartar sauce.

Tartar sauce: Combine the remaining ingredients; blend well.

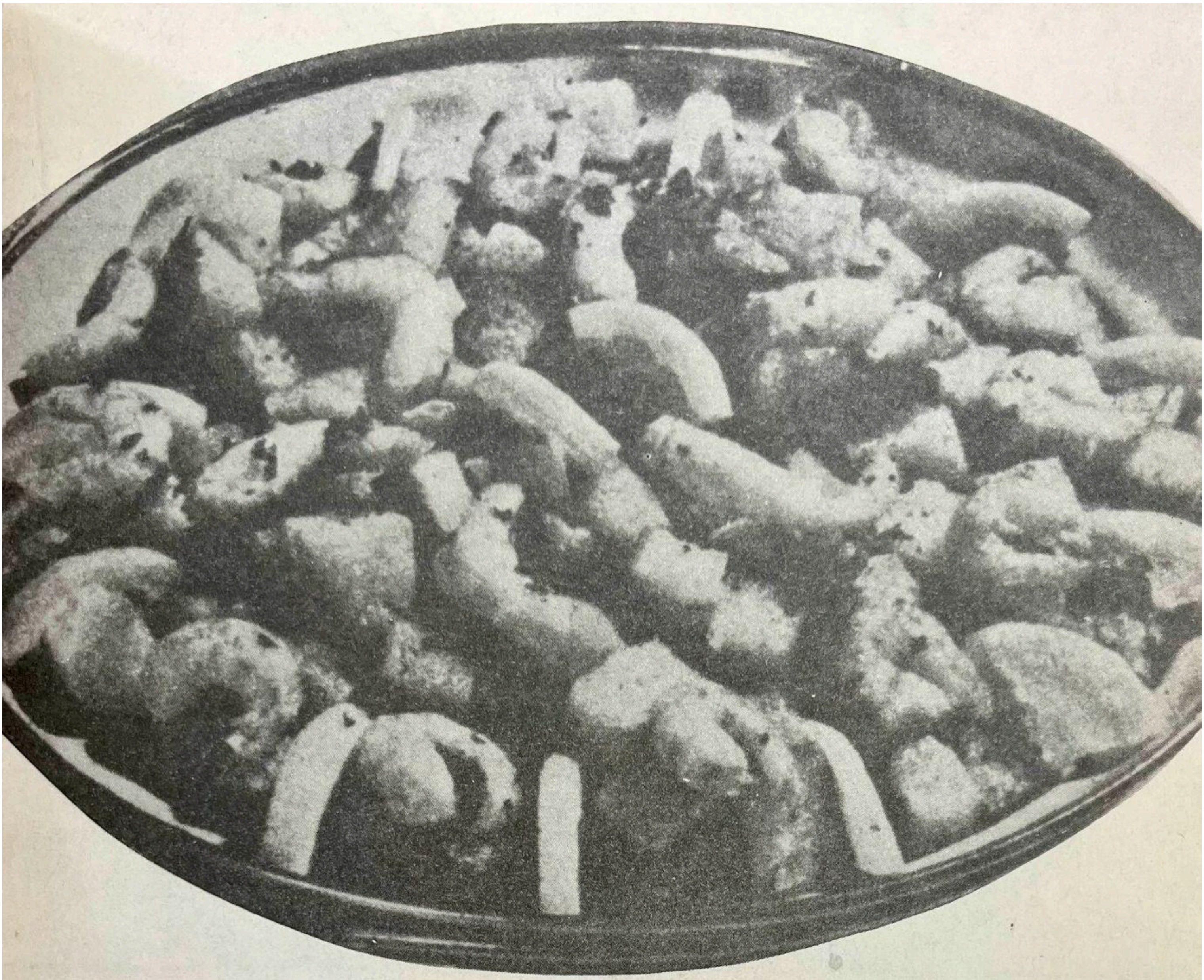


Crabmeat Salad

- 2 cans crabmeat
- 2 cups celery, finely chopped
- 1/2 cup pimiento, cut in slices
- 1 tbsp. chili sauce
- 1 cup salad dressing
- 1 tbsp. refined sugar
- 1 tsp. minced onion
- 1 tsp. Worcestershire sauce
- Salt to taste

Combine crabmeat, celery and pimiento. Toss with salad dressing to moisten. Add remaining ingredients. Serve on crisp lettuce or quartered tomatoes, sliced cucumber, hard-boiled eggs and parsley.

Yield: 4 to 6 servings.



Peppery Minced Clams

1 green pepper	12 fresh clams, minced
1 onion	2 teaspoons Worcestershire sauce
2 tomatoes, peeled	

Remove the stems and seeds of pepper. Chop. Add onion, also chopped. Add the tomatoes, also chopped. Add clams and Worcestershire sauce. Chop all together until well-blended. Correct seasoning. Serve as an appetizer or side dish.

Fried Clams

2 cups cooked clams	dash of pepper
1 egg, slightly beaten	1 cup bread crumbs
1 teaspoon salt	1/2 cup margarine

Season beaten egg with salt and pepper. Dip clams; then roll in bread mixture until thoroughly coated. In hot margarine, saute clams until golden brown. Drain excess margarine. Serve hot.

Grilled Fish with Ginger

6 small white fish	1 tbsp. salt
2 tbsp. finely-cut ginger root	1 tbsp. Aji-No-Moto
2 tbsp. vinegar	6 tbsp. soy sauce

Scale the fish, remove the gills, and salt both sides. Place fish on skewers and grills. Grill thoroughly on both sides until well done. Serve with sauce made of ginger root, vinegar, Aji-No-Moto, and soy sauce. Serves 6.

Shrimp in Curry

1/2 kilo fresh shrimp	1-1/2 teaspoons curry powder
3/4 teaspoon sugar	3 tablespoons margarine
1/4 onion, minced	1 cup milk
3 tablespoons flour	3/4 teaspoon salt

Melt margarine over low heat in a skillet. Saute onion and curry in melted margarine. Add shrimp; cook slowly until done. Blend in flour and seasoning. Add milk. Simmer for three minutes. Serve hot.

READ

Stuffed Shrimps

12 big shrimps
12 tbsps. ground pork mixed with
1 tbsp. chopped green onion
Salt and pepper to taste
12 lumpia wrappers

Remove shells of the shrimps leaving the tails intact. Open the back of each and fill opening with 1 tablespoon finely chopped pork and onion season with salt and pepper. Wrap in lumpia wrappers and fry in deep hot fat. Serve hot on platter decorated with slices of tomatoes and shredded cabbage.

Shrimp Croquettes

1/2 cup shrimp, chopped finely
1/2 cup shrimp juice
1 small onion, chopped finely
1/2 cup sliced tomatoes
2 cups potatoes, boiled and mashed
2 eggs, beaten
Salt and pepper to taste
Bread crumbs

Saute onions. Add tomatoes. Simmer until mixture is quite thick. Add shrimp and shrimp juice. Simmer until shrimp is done.

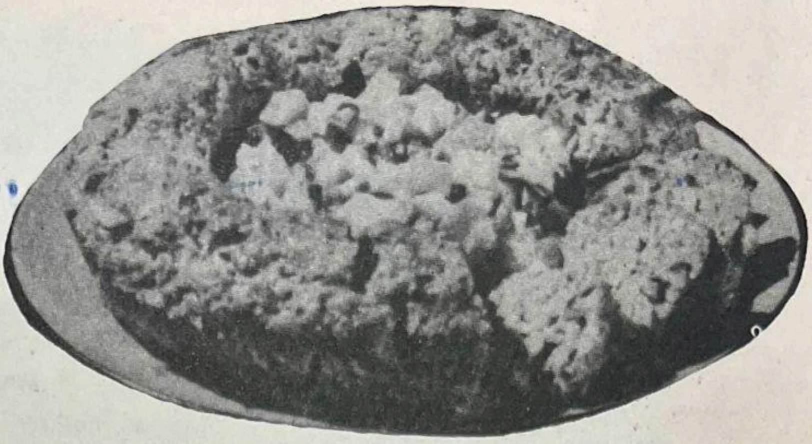
Add shrimp mixture to mashed potato. Season with salt and pepper. Return to fire until mixture is quite dry. Remove and let cool.

Shape into oval croquettes. Roll in egg and bread crumbs. Fry until golden brown.

Fillet of Lapu-lapu Bombay

8 fillets of lapu-lapu (2 whole small lapu-lapu)
4 slices pineapple
1 tin pimiento cut in strips
Flour
Butter
Curry sauce

Poach 4 fillets of lapu-lapu, dip in flour the remaining fillets and fry in butter. Fry the pineapple slices. Arrange the poached fillet on one side of serving platter, and the fried filled on the other side. Cover the poached fillet with curry sauce and put the fried pineapple slices in the middle, with strips of pimiento on top. Serve with buttered rice.



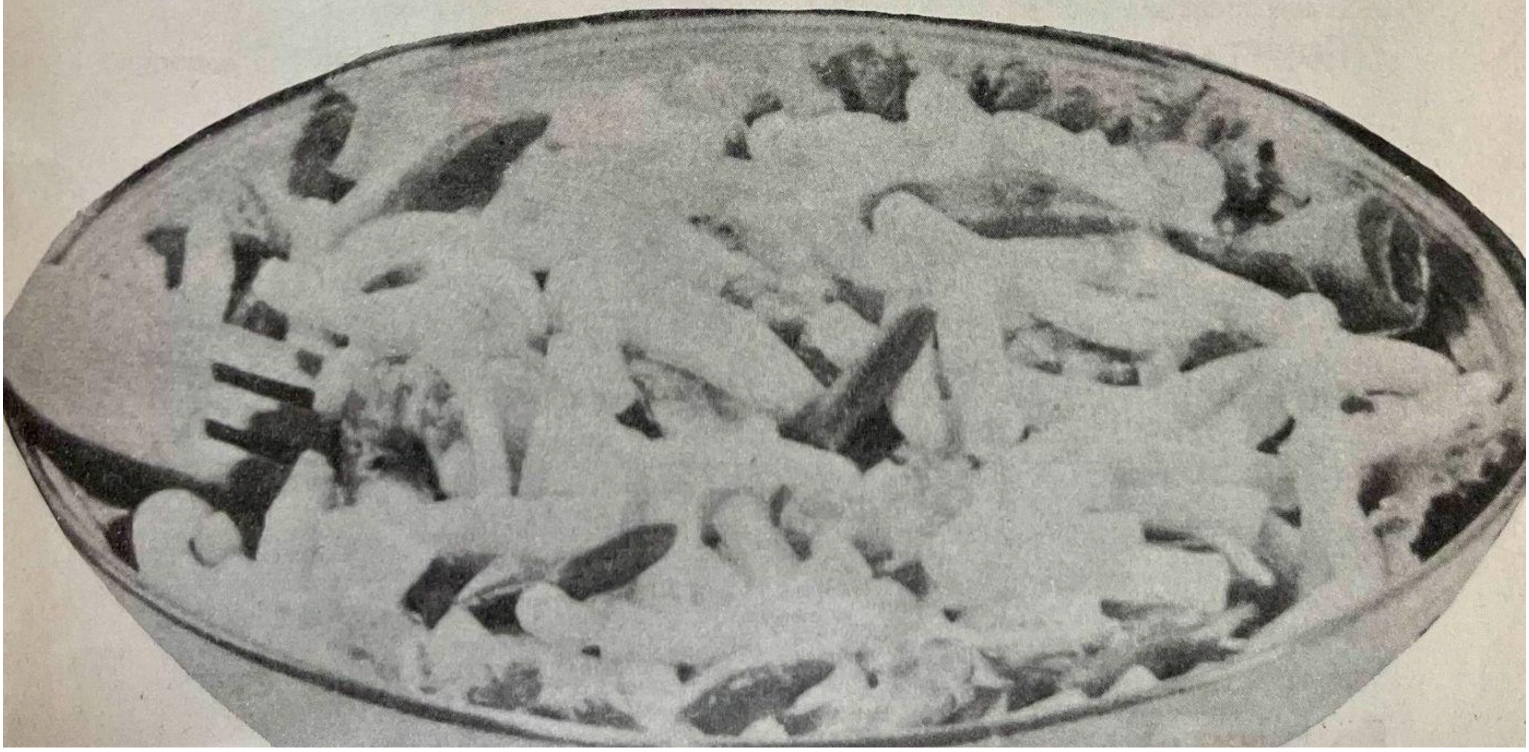
RICE RECIPES

Arroz A la Valenciana

1 young chicken (cut)
2 pieces chorizos (sliced thin)
6 potatoes (quartered)
3 c. arroz de Valenciana (boiled in 3 c. water and 1 tsp. salt)

1/2 k. pork meat (cut)
1/2 c. shortening
2 segments garlic
1 onion sliced

Season with salt and pepper the meat of chicken and pork and fry in hot shortening until slightly brown. In a deeper vessel heat the lard and fry in the order given, the garlic, onion and tomatoes. When brown add potatoes, pork, meat chicken and chorizos. Mix them well, cover the vessel and cook until the potatoes and meat becomes tender. If necessary add water. Also add sweetpeas, olives and pimientos moronnes. When vegetables and meat are well done, remove some stock and set aside. Add sufficient stock to moisten rice and cook until mixture becomes dry. Garnish top with pepper and hard-boiled egg. This is often served in parties.



Arroz A La Luzonia

4 ripe bananas, sliced and fried brown
1/4 cup boiled, shredded chicken
1/2 cup pork, sliced into cubes
2 raw eggs
1 hardboiled egg, sliced into half moons
2 cup boiled (malagkit rice)
6 slices red, sweet pepper
8 shrimps, halved
2 tbsps. lard
1 tsp. salt
2 sections garlic, macerated
1 small onion, cubed
Powdered pepper
Dash of paprika

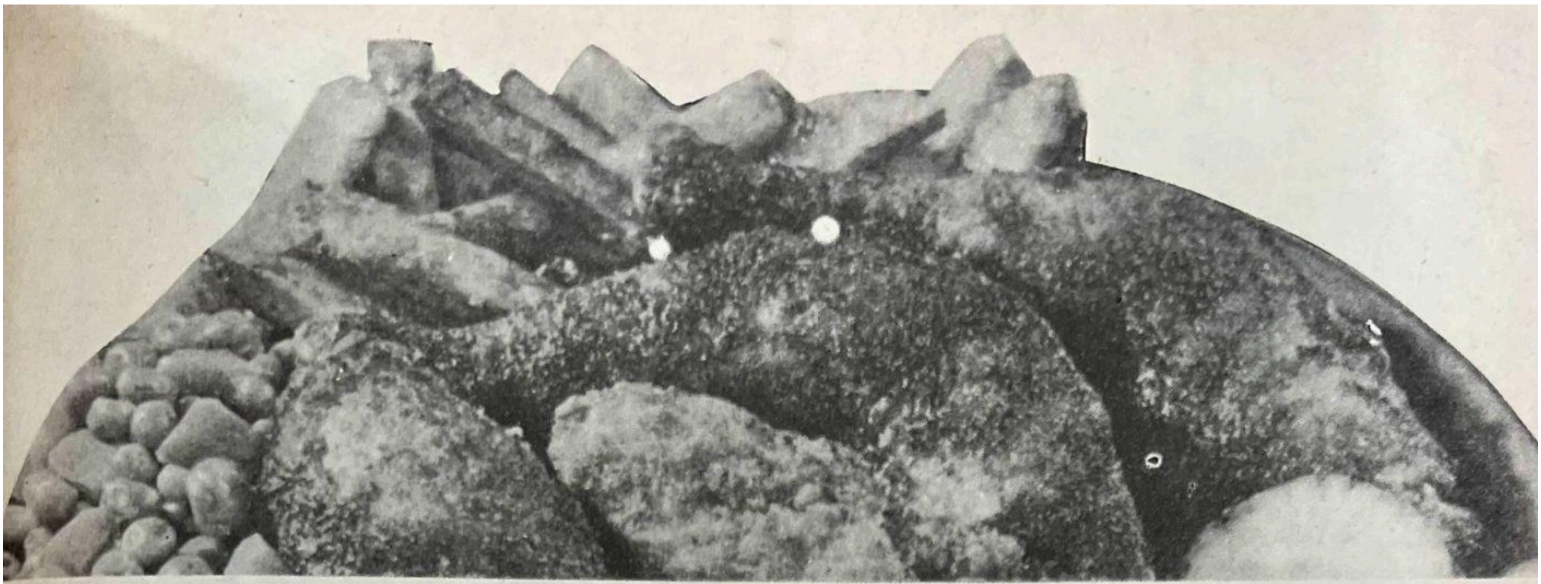
Saute garlic, onion, pork, chicken and shrimps. Season with salt and pepper. Add "malagkit" and mix well. Add paprika for color. Remove from fire and cool. Add raw eggs, slightly beaten and mix well. Grease a mold and line bottom with sliced hard-boiled egg and slices of red pepper. Fill with sauted mixture; cover with piece of wax pepper and steam 30 minutes. Unmold and garnish with fried bananas.

Pork Chop Spanish Rice

1-1/2 teaspoons salt
1 teaspoon monosodium glutamate
2 tablespoons olive oil
1-1/2 cups raw rice, washed
1- 4-oz. can tomato sauce
1 cup shredded cheddar cheese
1 teaspoon chili powder dash of pepper
6 pieces pork chops
1/4 cup chopped green pepper
1/2 cup finely chopped onion
3/4 cup water
5 green pepper rings garnish

Combine seasonings and pound into pork chops with meat mallet or the edge of a saucer. Heat oil in skillet; brown chops slowly; drain off excess fat. Add rice, onion, green pepper, tomato sauce and water. Cover and cook over low heat, about 25 to 30 minutes, stirring occasionally. Stir in shredded Kraft Cheddar Cheese and green pepper rings, continue cooking about 5 minutes or longer until rice and meat are tender.

Garnish with more shredded cheddar cheese, parsley and stuffed olives. 6 servings.



CHICKEN

Pichon-Ti-Im

4 young squabs (pichon)	1 bay leaf
10 shelled chestnuts	1 piece peeled ginger
2 c. water	1 can asparagus
10 peppercorn	

Place all four squabs in a baking dish with the chestnuts around. Also place water, ginger, bay leaf and peppercorn in the pan. Put the pan in a steamer and cook until the squabs become tender. The sauce should be thickened with cornstarch. Add toyo as a seasoning. Serve with asparagus in a large bowl.

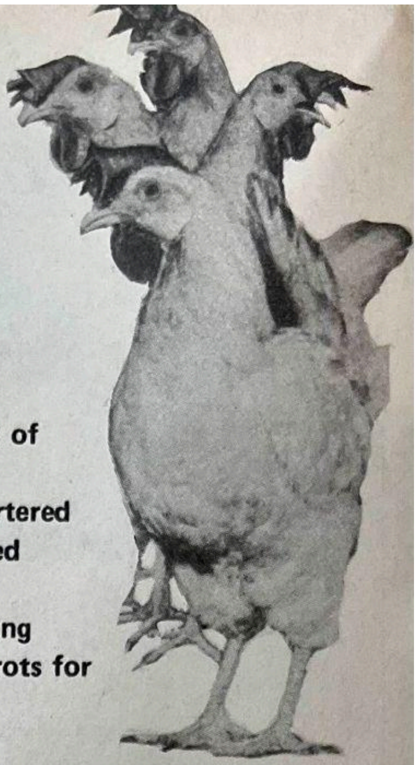
Chicken á la king

3 tablespoons fat	1/2 green pepper, diced
2 tablespoons flour	1/2 cup mushrooms, cut in pieces
1/2 cup milk	1 egg yolk
1 cup chicken broth	1-1/2 cups diced cooked chicken
Salt and pepper	1 pimiento, chopped

Make white sauce: Melt 2 tablespoons of the fat and stir in flour. Add milk and broth and cook until thickened, stirring constantly. Season with salt and pepper. Melt the remaining tablespoon of fat, add green pepper and mushrooms and cook a few minutes over low heat. Beat egg yolk, stir in a small quantity of white sauce, and add to rest of sauce. Add the rest of the ingredients and cook until mixture is hot. Serve in patty sheels or on crisp toast, mashed potatoes, or waffles. Serve with green peas, carrot and raisin salad, and lemon chiffon pie.

Cooked turkey, giblets, ham, veal, pork, or tuna fish may be used instead of chicken.

Cooked rabbit meat may be used. Add 1/2 teaspoon grated onion and 1/2 tablespoon lemon juice to the recipe for chicken á la king.



Chicken Relleno

- 1 big chicken
- 3 tbsps. soy sauce
- 3 tbsps. calamansi juice
- 1 cup ground pork
- 1 cup chicken, chopped finely
- 2 pcs. chorizo de Bilbao, chopped finely
- 1/4 cooked ham, chopped finely
- 1/3 cup celery, chopped finely
- 1/3 cup cheddar cheese, grated
- 2 tbsps. sweet pickles, chopped finely
- 1/4 cup flour
- 3/4 tsp. salt
- 1/2 tsp. pepper
- 2 tbsps. margarine or fat of chorizo de Bilbao
- 2 hard cooked eggs, quartered
- 2 tbsps. margarine, melted
- 1/2 cup hot water
- Corn oil for deep fat frying
- Sprigs of parsley and carrots for garnishing
- 3 raw eggs

Disjoint legs and wings by twisting. At the back of the chicken, make a slit from the base of the neck down to the oil cack. With a small sharp knife, carefully separate the bones from the skin, leaving the legs and wings intact.

In a bowl, make a marinade by combining soy sauce and calamansi juice. Marinate chicken overnight. In a bigger bowl, mix ground pork, chicken, chorizo, ham, celery, cheese, sweet pickles, raw eggs, flour, salt, pepper, and margarine. Blend well.

Stuff marinated chicken skin with meat mixture, placing quartered eggs in the center of the mixture. DO NOT OVERSTUFF. Give allowance for shrinkage of skin.

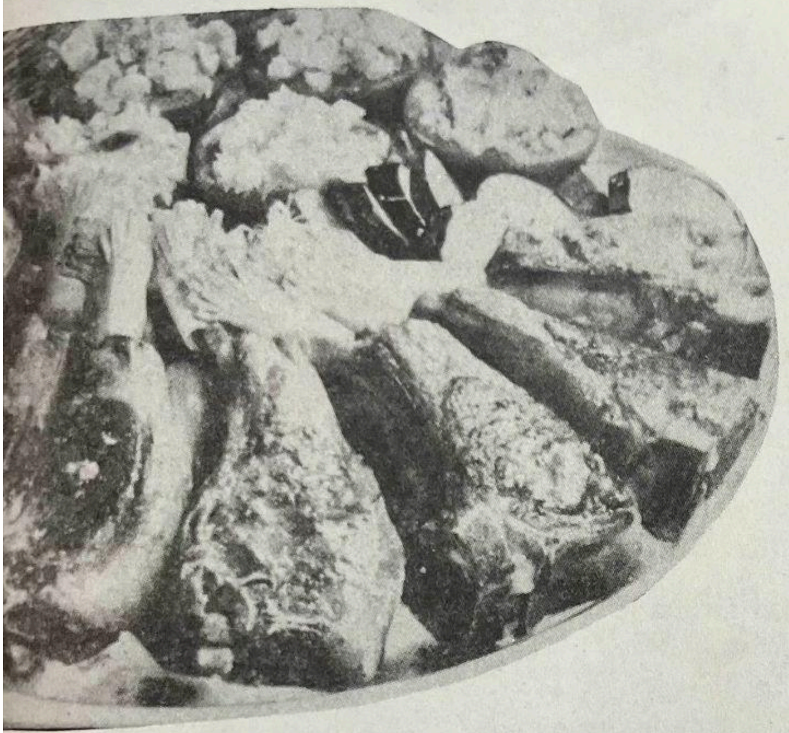
Sew securely the opening. Brush stuffed chicken with melted margarine. Wrap tightly in aluminum foil. Place in a roasting pan and pour over the remaining marinade with hot water.

Bake in a preheated oven at 350° F for two hours or until tender. When cooked, removed foil and fry chicken in deep hot fat until golden brown. Drain on absorbent paper.

Chicken Tamale

- 2 spring chickens
- 3 c. fresh young corn
- 2 American pepper
- 1 can pimiento cut into strips
- 1 can tomato sauce
- 1 big onion
- Salt and pepper
- 1 c. water

Clean and cut the chickens into 8 quarters. Dredge with enough salt. Put some lard on a saucepan and when hot drop the chicken and fry for a few minutes until surface is seared. Then add water and corn to simmer. When it's almost cooked, add the tomato sauce and american pepper. Lastly add the pimiento and cook for 5 mins. more. Serve hot. It's simply delicious.



Chicken Espagnole

1 can mushrooms
5 lbs. chicken
1 large onion
1/4 c. butter or chicken fat
1 green pepper (chopped)
7 oz. bottle Heinz
Spanish olive
1 med. can cream of tomato soup

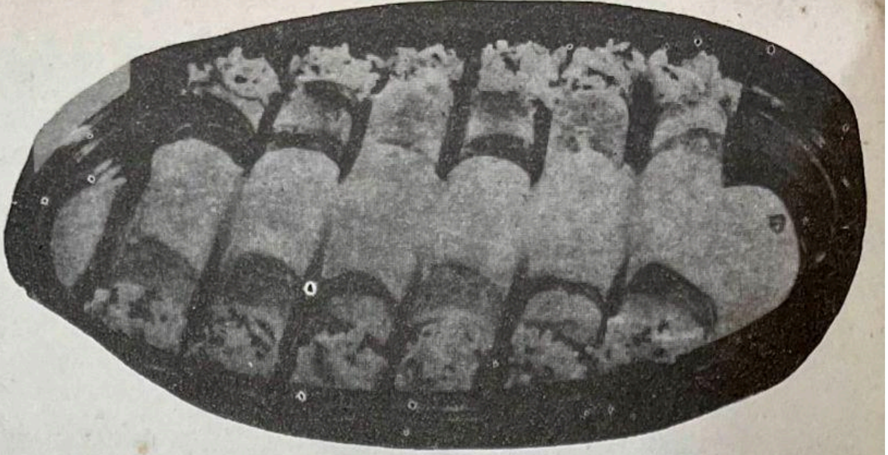
Prepare chicken as for fricasse, sprinkle with salt, pepper and flour. Brown lightly in fat. Remove from fire. Add tomato soup, green pepper and onion. Simmer for about 10 mins. Also add liquid from mushroom and chicken, covering and cooking for 1-1/2 hrs. or until the chicken becomes tender. Add olives and add 1 tbsp. of flour for every cup of liquid. Mix to paste with cold water stirring it until it boils. Serve hot baking powder biscuit or with any toast.

Chicken Chop Suey

3 c. cabbage
1 can chinese apulid
(cut in wheels half)
1/2 cow's liver, sliced thin
1/2 c. ham cut in wide thin slices
3 boiled eggs for garnishing
1 patola cut in wheels
Flour for thickening

Pepper for seasoning
1/2 c. kinchay
3 tbsp. toyo
3 tbsp. sugar
2 cloves garlic
1/2 c. boiled pork
1/2 c. chicken meat
1 c. chicken stock

Prepare all indicated ingredients. Saute garlic, onion, pork, shrimp, chicken, ham, apulid, cabbage, celery, patola and kinchay. Season to taste with toyo, pepper and sugar. Add 1/2 c. shrimp juice and a little flour. Cook until done. Serve hot. Garnish with hard-boiled eggs to look more attractive and appetizing.



DRESSINGS

Cream Salad Dressing

1/4 tsp. mustard
1/8 tsp. salt
1/8 tsp. paprika
1/2 pt. cream
2 eggs
2 tbsps. lemon juice
1/3 c. milk

Mix mustard, paprika, and salt, and when blended thoroughly add eggs slightly beaten, milk and lemon juice. Cook the mixture in a double boiler stirring it constantly until it thickens. Cool and add cream, beaten until stiff.

Fruit Dressing

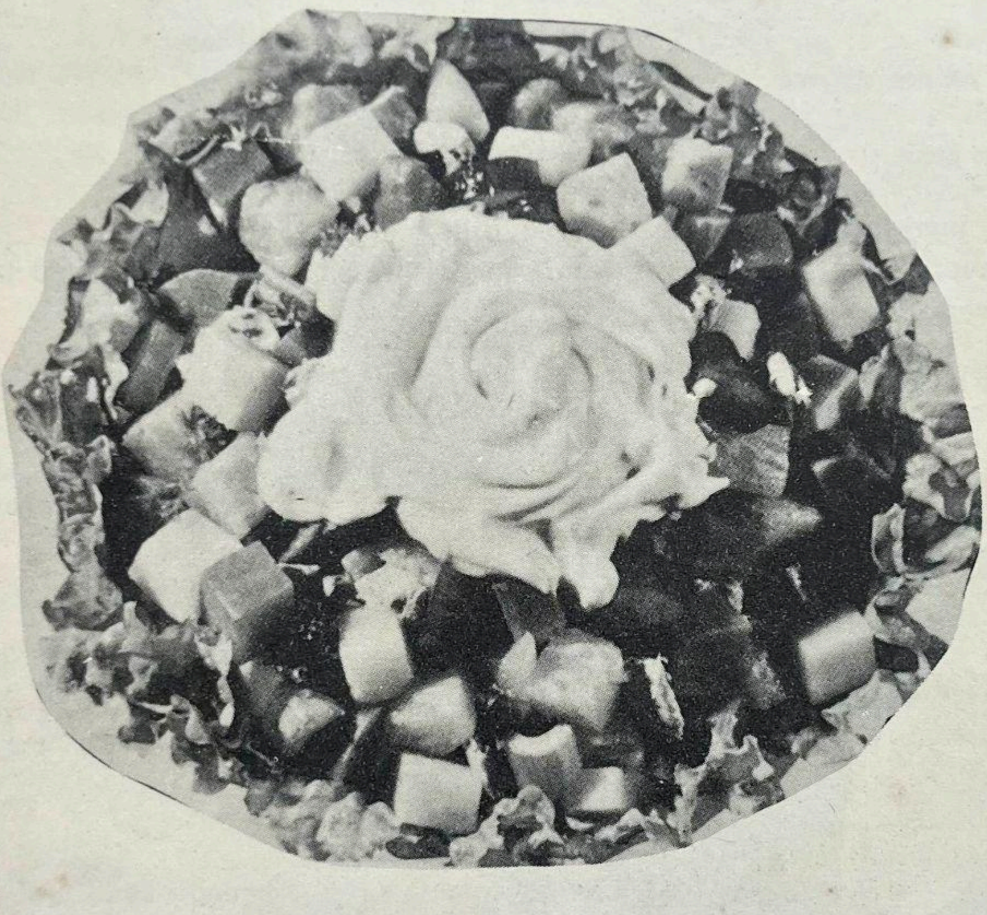
2 tbsps. flour
2 tbsps. lemon juice
1 tsp. salt
1/2 tbsp. mustard
1/2 c. fruit juice
(pineapple or grape juice)
1/2 c. milk
1 tsp. sugar
1 tsp. butter
1/2 tsp. paprika
3 eggs

Place the milk, eggs and the flour in a double boiler and cook it for about 8 minutes stirring it constantly. Add the rest of the ingredients except lemon juice and butter. Cook it for 5 minutes stirring it often and later add the butter. Heat, cool, and serve with fruit salads. Yields 1 cup dressing.

Mayonnaise Dressing

2-1/2 tbsp. calamansi juice
2 eggs yolk or 1 whole egg
1/2 tsp. pepper
1/4 tsp. mustard
1/2 tsp. salt
2 c. Wesson oil

Beat the eggs slightly, add pepper, salt, mustard and calamansi juice. Add the oil by teaspoon beating it well until the mixture thickens. Greater amount of oil maybe added later. Yields 2 cups.



Custard Dressing

5 tbsps. butter
3 tbsps. sugar
1 small can milk
1 tbsp. lemon juice
3 eggs
1 tbsp. cornstarch

Melt the cornstarch in one cup milk and cook, stirring it well until it thickens. Add butter, stirring it into a smooth paste. Cool the mixture adding an egg at a time beating it after each addition. Add sugar and lemon juice and put it back in a double boiler.

Russian Dressing

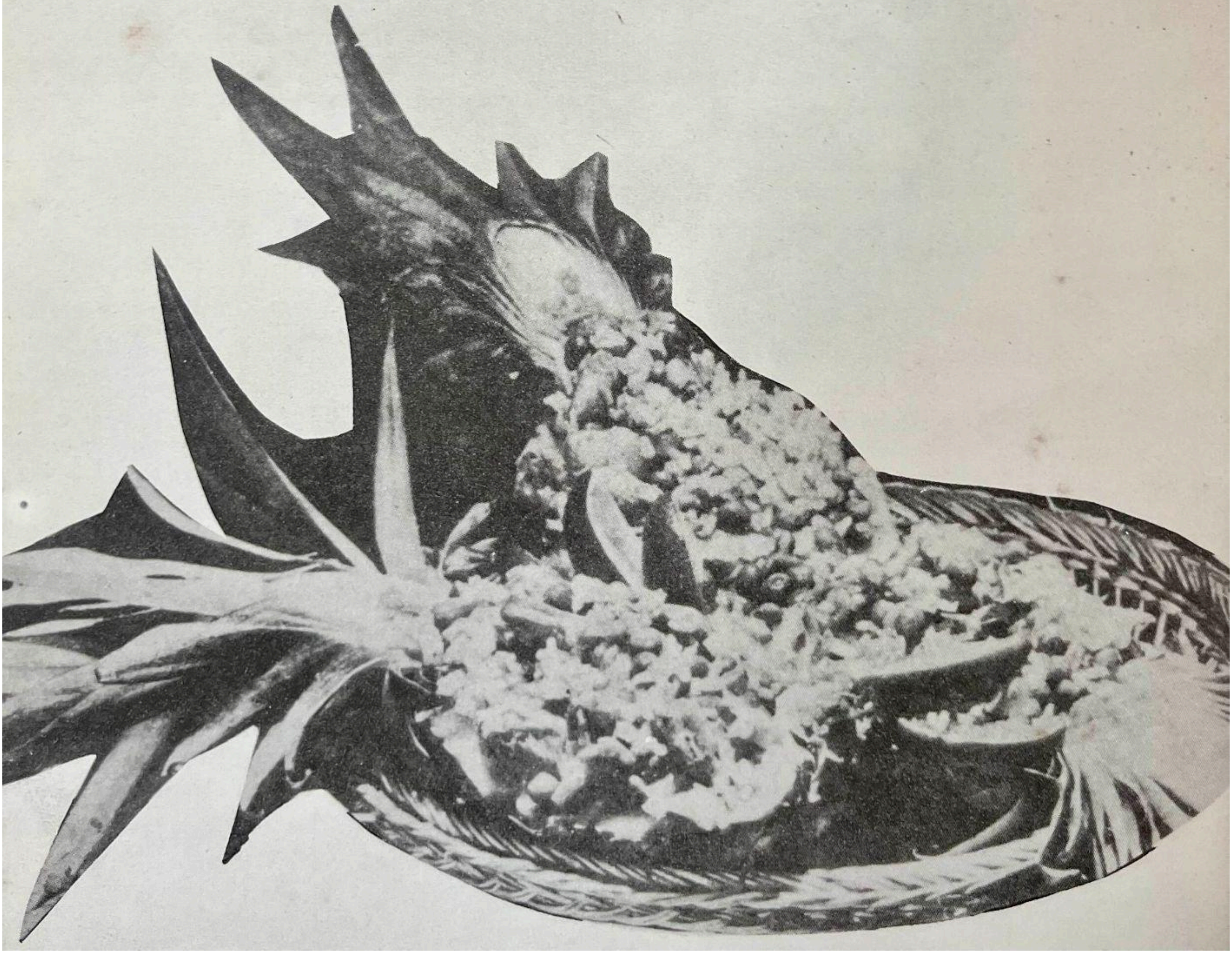
1 tbsp. chile sauce
1/4 tsp. paprika
1/4 tsp. vinegar
1/2 c. mayonnaise
1 tbsp. pimiento (finely chopped)
1/4 tsp. onion juice
1 tbsp. sweet pickles (finely chopped)

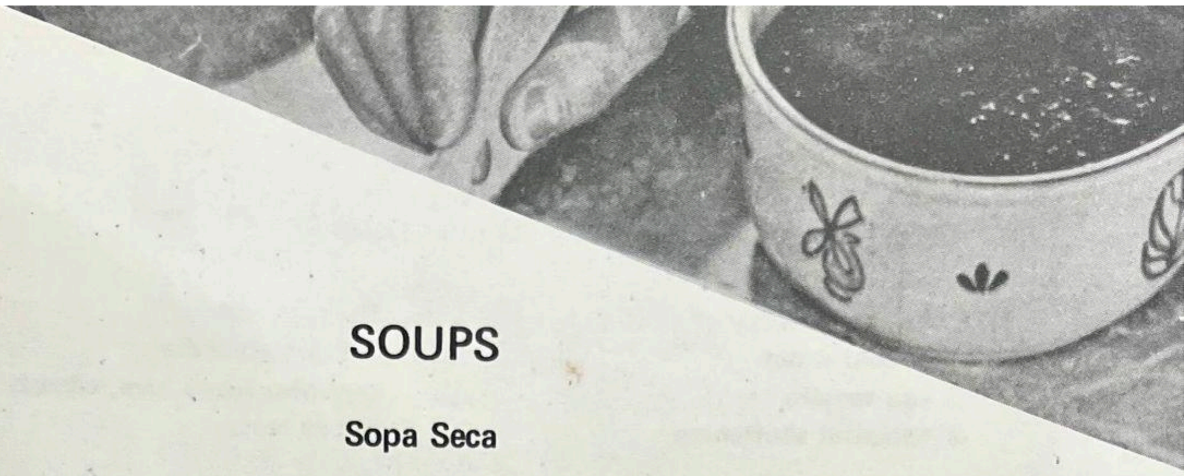
Combine all the above ingredients and mix well.

French Dressing for Green Salad

1 tsp. salt
1/4 tsp. pepper, paprika
1 onion
1 clove garlic
1 tsp. granulated sugar
3/4 c. salad oil
1/4 c. vinegar

Mix all ingredients except garlic and onion and shake them well. To get the desired flavor place the garlic and onion in the dressing. Pour over sliced tomatoes or pour over crisp, cleaned salad greens.





SOUPS

Sopa Seca

1/2 loaf American bread
1/2 can tomato sauce
1/2 c. bermuda onion
4 gms. butter
Cheese
3 chicken eggs
1 c. broth
Salt to taste

Slice the bread, pour the broth. When tender cook with onion, canned tomato sauce and butter. Stir thoroughly adding grated cheese and season with salt. When the broth reduces down, transfer to a bowl making the top even. Break the eggs on it and cook it in an oven.

Sopa Clara

1 good-sized chicken
Pepper
Nutmeg
1 c. milk
3 eggs
Salt

Slightly beat the eggs, add milk, pepper, nutmeg and salt. Cook in water broth. Dress chicken and boil. Remove from water broth and cut into cubes. Strain the chicken broth and add egg mixture. Especially served when hot.

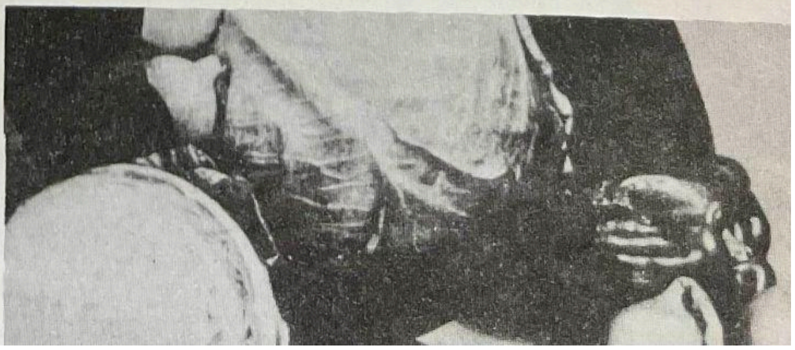
Cream with Potato Soup

4 med. sized potatoes
1/3 c. finely chopped onion
1-1/2 evaporated milk
4 tbsp. butter
4 c. water

Saute the onion in butter till cooked but not brown. Add water, milk and mashed potatoes. Cook for 10 mins. and season with salt and pepper. Serve hot with crisp croutons. Yields 5 cups and serves 10 persons.

Crouton

Cut stale bread into small cubes and fry till brown.



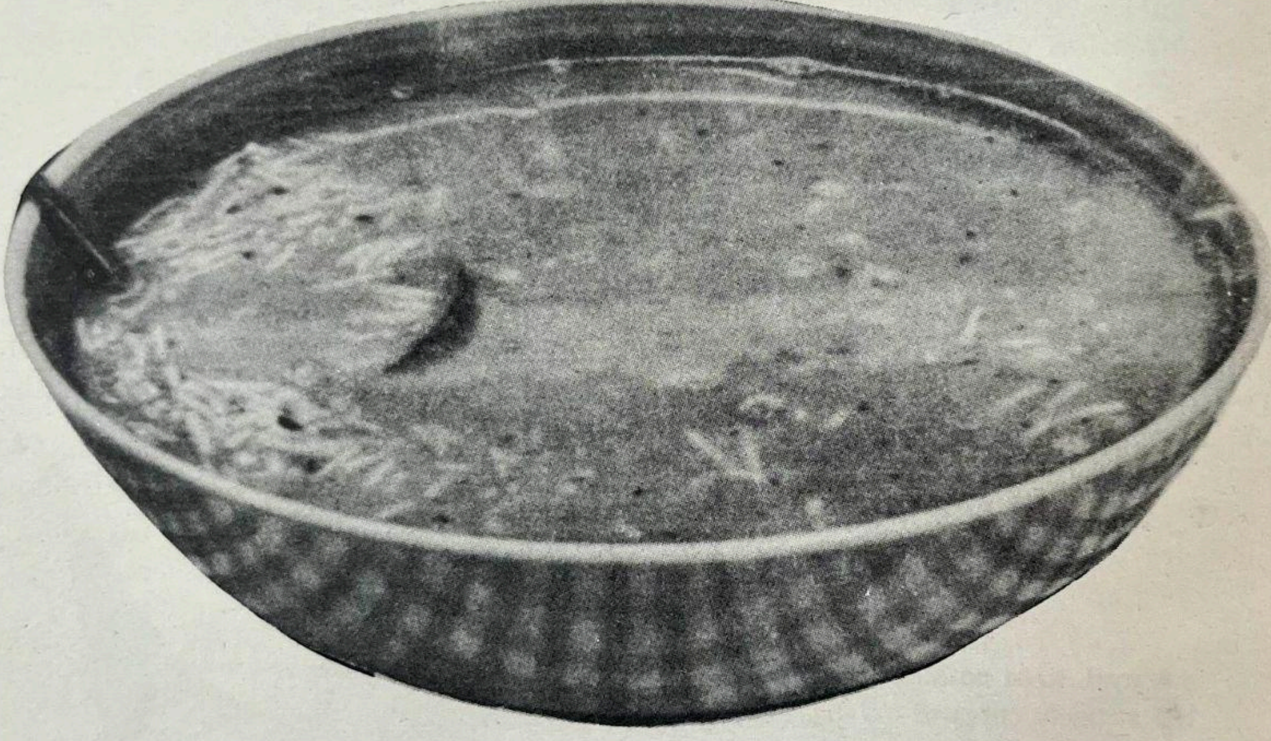
Dinner Soup

3-1/2 lbs. marrow bones
2 c. cold water
1 can tomato
2 spoonful shortening
Consomme
1 tsp. peppercorn
spoonful sliced ham, carrots and turnips
1/2 bay leaf

Boil the marrow bones in a boiler. Add the solomello (soup meat) until brown, occasionally stirring it. Add consomme when well red. Put butter drop the rest of the ingredients such as ham, onions, turnips and carrots. When done add consomme.

Put 1/2 of meat on 2 liters of cold water and add tomatoes. Boil, pass through a colander and cool.

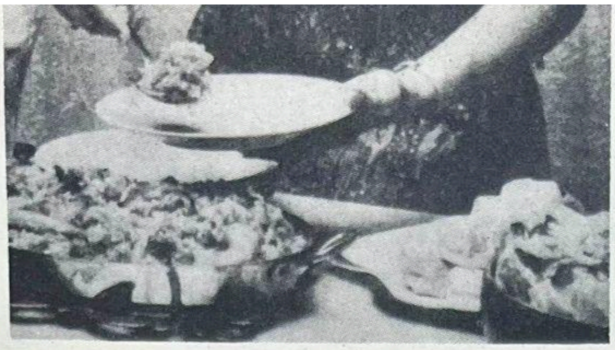
Take away scum and add whites of eggs and egg shell to make it clear. Simmer and stir once more and let it pass through a colander. Put salt to taste.



Creme Asparagus

Chicken broth
1 can asparagus
Chopped parsley
Flour for thickening
1 c. milk
Salt and pepper

Take broth of chicken by boiling every kilo in 5 c. water. Cut asparagus into 1-inch long pieces. Add asparagus, thickening it with flour. Add butter, milk, chopped parsley, pepper and salt to taste.



Chicken with Corn and Malunggay

1 2,med. sized chicken
5 c. water
2 cloves garlic – crushed
4 tbsp. lard
1/2 onion – med. size
1 c. malunggay leaves
2 3 tbsp. patis
1 c. fresh corn from cob

Melt lard in a saucepan. Saute garlic, onion, corn and chicken cut in convenient sizes. Add soy sauce or patis and cover it. Simmer over moderate heat. Cook and add water until the chicken is tender. Add malunggay leaves, cover it and cook for 2 minutes. Remove immediately from fire and serve-while hot.

Sopa Vegetal

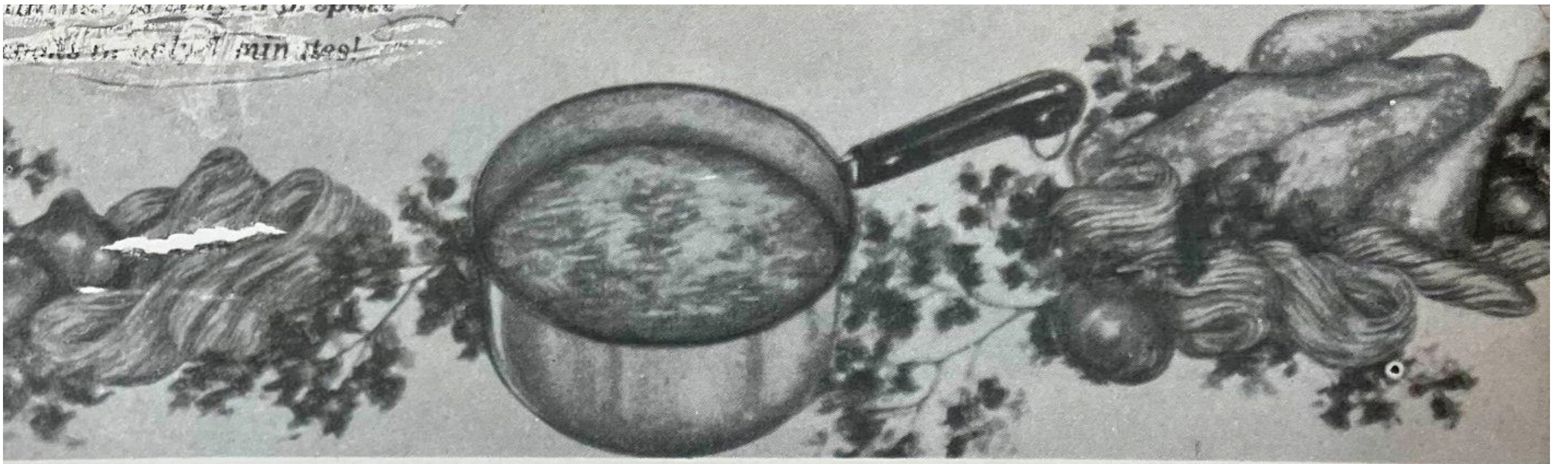
50 centavos worth of marrow bones
1 small piece of ham
1 small onion chopped
2 cans vegetable soup
3 cloves garlic crushed
Salt to taste
1/2 chicken

Boil very well the marrow bone , 1/2 chicken, ham until 1-1/2 liter water is reduced to 1/2. Pass the broth through a colander. The chicken meat should be cut to small pieces. Cook in lard with onion and garlic. Season with salt and add it to the broth. Pour into the mixture 2 cans of vegetable soup and after boiling it remove it from fire at once.

Sopa De Sotanghon

1 chicken
20 centavos worth dried mushroom
2 stems green onion
1/2 spoonful lard
2 boiled eggs
Small piece of pork
20 fresh shrimps
Bermuda onion
Powder pepper
4 spoonful patis
2 bundles of fine sotanghon

Dress the chicken. Boil in 3-1/2 liters of water together with pork. Boil water until reduced to one half. When meat becomes tender cut one inch size. Cook in lard, pork, onion, garlic, shrimps and chicken. Add soaked sotanghon together with walt. When sauted well, pour the shrimp extract then the dried mushroom. For a better flavor add patis and put some chopped onion.



Sopa A La Juliana

1 small piece of squash (shredded)
1 small piece of cabbage (shredded)
1 carrot (shredded)
3 potatoes
3 stems pechay

Cut the peeled carrots, potatoes and shred the squash. Cook in a little lard the chicken meat together with onion and garlic. When toasted season with patis and pour chicken broth. When it's almost done add vegetables. Then put 1/2 of powder vetsin.

Shrimp Cabbage Soup

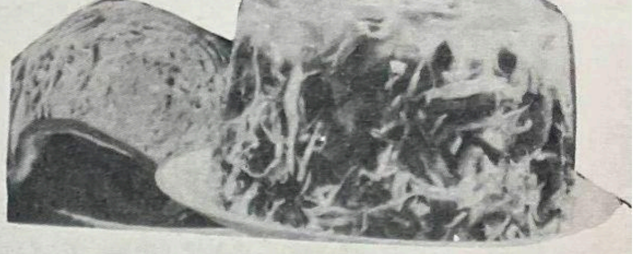
1 tbsp. oil
1 cup cooked shrimp
3 cups boiling water
1/2 tsp. salt
1/8 tsp. marjoram
1 small stalk celery cabbage
3 tsps. grated dried onions
1/2 cup cheese, grated
Sour cream

Heat the oil in saucepan and fry shrimps for 3 minutes. Combine the boiling water, salt and marjoram with shrimp. Simmer for 25 minutes. Wash and cut celery cabbage into 1 inch slices and add to soup. Continue to cook for 15 minutes. Add dried onions and grated cheese. Heat thoroughly, stirring constantly until cheese has melted. Top each serving with a spoonful of sour cream.

Coleslaw

1 cup miracle whip salad dressing
6 cups shredded green cabbage
1/2 cup chopped ham
1/4 cup nuts
1 cup diced pineapple
1 cup diced apples
1 teaspoon mustard
Salt to taste

Combine salad dressing, mustard, and seasonings. Toss lightly with cabbage and remaining ingredients. Chill and serve in a lettuce-lined bowl.



SALAD

Peas with Shrimps

1-1/2 c. bamboo shoots (cut in strips)
1 c. dried mushrooms (cut in)
20 shrimps (4-5 long)
1-1/2 cups dried peas (canned)
1 tbsp. pounded garlic
3 cups broth
1 c. pork
1-1/2 cups onion

Soak the peas overnight and drain them in the morning. Soak the mushrooms in water. Meanwhile saute garlic till light brown. Add the onions together with the peas and broth. Cover and cook for 1-1/2 hours. Add the bamboo shoots and mushrooms when the peas are almost done. Cook for 1-1/2 hours, seasoning it with toyo and salt. Shell the shrimps leaving the head intact. Soak in 1-1/2 tsp. salt, 1/3-cup flour, calamansi juice, and 2 duck eggs beaten till creamy. Dip the shrimps in the mixture and fry in deep fat till done. Place in a platter and pour through cooked peas.

Shrimp with Vegetables

1 kilo shrimps
4 tbsps. butter
1 tsp. refined sugar
1 tsp. minced parsley
1 cup tomato sauce
1/2 cup minced onion
1/2 cup diced celery
1/2 cup chopped green pepper
1/2 cup water
Salt to taste

Saute onions in butter. Blend in rest of ingredients, except shrimps. Cook slowly, stirring once in a while, for about 30 minutes. Add the shrimps. Cook for a few minutes until the shrimps turn pink. Serve hot.

Pancit na Buko

12 Marinduque crabs (cagang)
— or small white crabs
Young coconut (buko),
scraped
Coconut milk (gata)
Garlic
Onions
Tomatoes

Boil crabs for five minutes. When done, remove red fat (*aligue*) and meat from shells. Preserve crab shells.

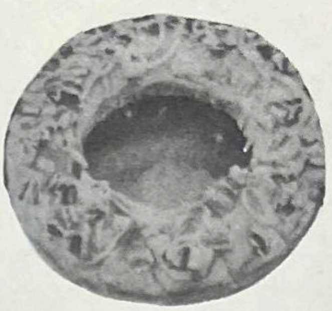
Scrape meat from buko lengthwise, to get noodle shapes.

Saute garlic, onions, and tomatoes. Add the red fat (*aligue*) and crab meat. Then, add the *buko* meat. Cook for five minutes. When *buko* meat is done, remove from fire. Fill each crab shell with this mixture. Secure shells with strong transparent thread. Cook stuffed shells in coconut milk (*gata*) for 15 minutes. Season with little salt. Serve hot.

Banana Blossom Paella

2 cups banana blossom, cut in strips,
worked in salt and rinsed
1/2 cup clams, blanched
1/2 cup pork, cut in strips
1/2 cup small shrimp, blanched,
shelled
1 clove garlic, crushed
achuete
1 teaspoon salt
2-1/2 cups clam stock
1 bay leaf
dash of pepper
1 cup rice
1 tablespoon lard
1/2 small onion, chopped

Saute garlic, onion, pork, and shrimp. Add stock. Let boil. Add banana blossom. Season with salt and pepper. Simmer for 5 minutes. Add rice, achuete coloring, bay leaf and cook until rice is done. Stir occasionally to prevent rice from sticking to pot.

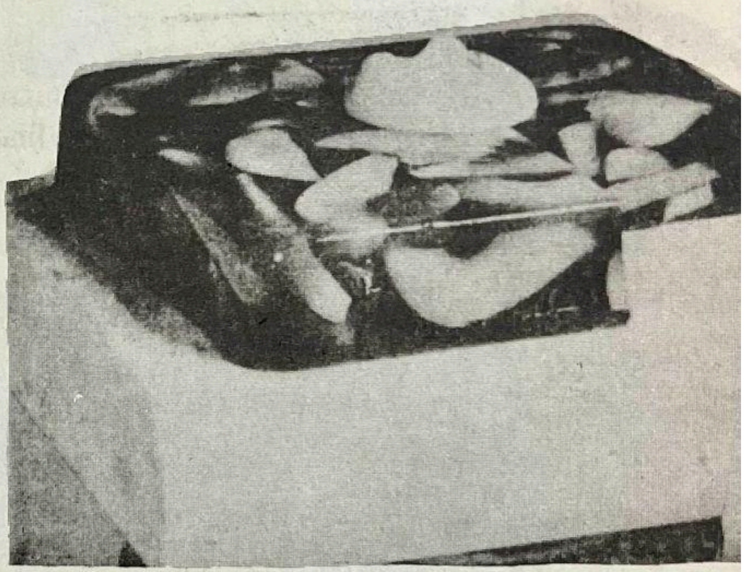


SWEETS & PIES

Coco Flan (Coconut pudding)

- 1 cup sugar
- 3/4 cup cornstarch
- 1 tsp. salt
- 2 cups milk
- 2 cups light cream
- 2 egg yolks
- 2 cups flaked coconut
- 1 tsp. grated orange rind
- 2 tsps. vanilla extract

Sift sugar, cornstarch and salt into a saucepan; gradually add the milk and cream, mixing until thickened. Beat the egg yolks in a bowl. Return to saucepan; cook over low heat. Stirring steadily for 2 minutes, but do not let boil. Cool. Beat with rotary beater or electric mixer for 2 minutes, then fold in the coconut, orange rind and vanilla. Pour into 8-10 custards cups and chill. Serve with whipped cream.

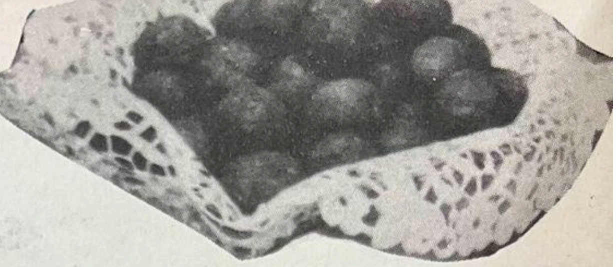


Budin

- 3 eggs yolks
- 6 slices of bread
- 1 can milk
- 2/3 cup sugar
- Grated rind of 1 dayap
- 1/3 cup cooked macapuno or buko in thin syrup
- Sweetened orange peel
- 2 tbsps. grated cheese
- 1 tsp. butter or margarine for greasing pan

Beat egg yolks slightly. Add milk, sugar and lime rind. Soak the bread in mixture and let stand for about 20 minutes, stirring once in a while. Lastly add macapuno and orange peel. Stir again and pour mixture into a greased pan. Set pan in another bigger pan. Pour hot water to bigger pan to depth of 1 inch. Bake in moderate oven (350° F.) for 45 minutes or until set.

Add syrup to pudding if desired.



Bombones de Arroz

(Rice Fritters)

1 cup sifted flour
2 tsps. baking powder
1/2 tsp. salt
2 eggs

1/3 cup coconut cream or heavy cream
1 tsp. vanilla extract
1 cup soft-cooked rice fat
for deep-frying

Sift flour, baking powder and salt into a bowl. Beat the eggs, cream and vanilla together, then mix into the flour mixture until smooth. Stir in the rice.

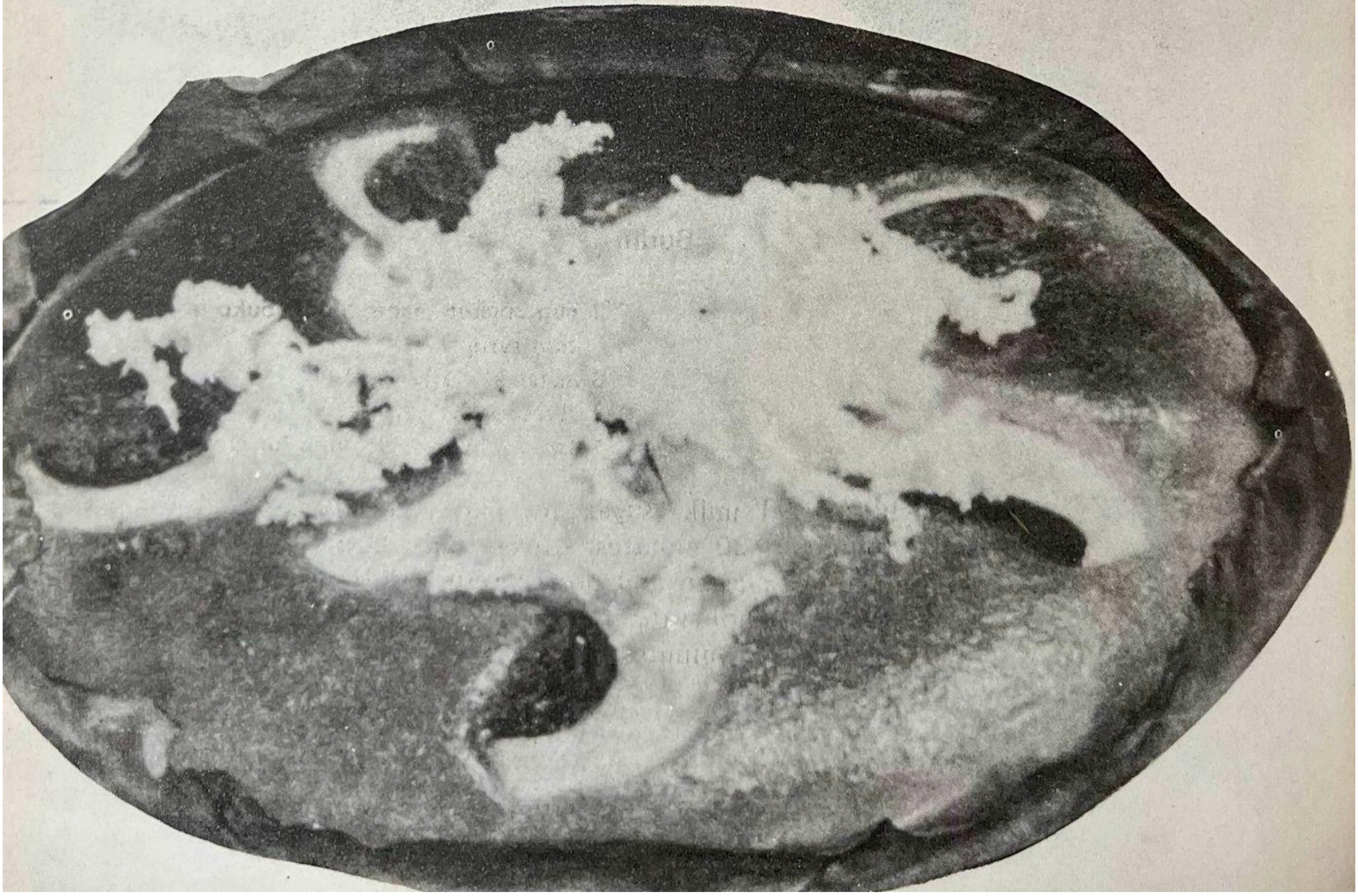
Heat the fat to 370° and drop mixture into it by the tablespoon. Fry until browned. Drain and serve hot. (Makes about 24.)

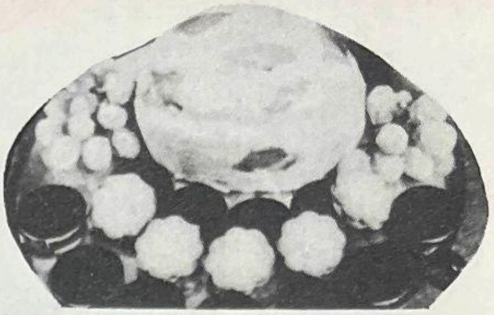
Cassava Bibingka

2-1/2 cups grated fresh cassava
3/4 cup coconut milk
2 tablespoons melted
cheddar cheese

2 eggs
1 cup sugar
2 tablespoons melted butter

Beat eggs. Add sugar, melted butter, cheese, coconut milk, and cassava. Pour into a tin mold. Mold should be lined with wilted banana. Bake in hot oven. Sprinkle with grated cheddar cheese. Return to oven, take it from oven when cheese has melted.

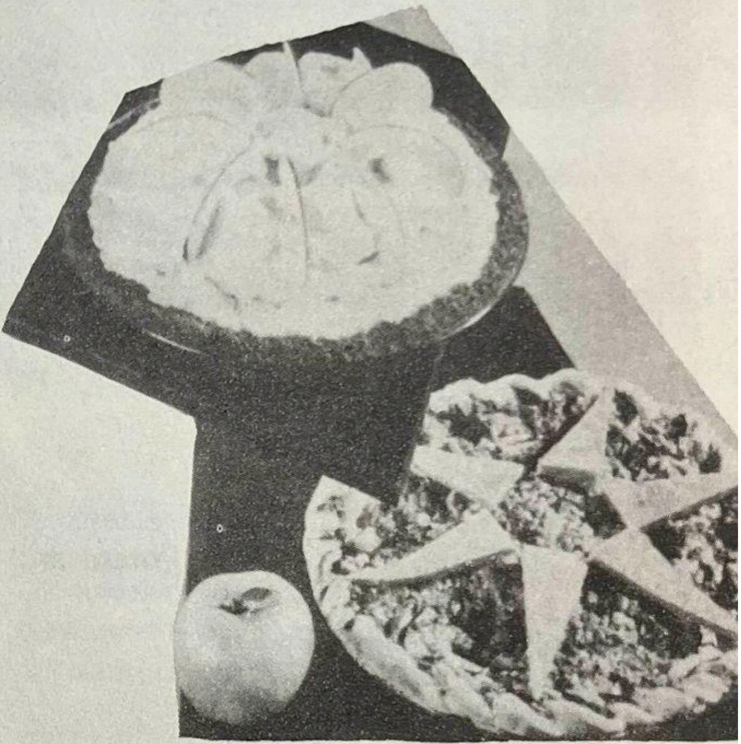




Stir and Drop Cookies

1 c. cornstarch
2 tbsp. baking powder
1/2 tsp. salt
3/4 c. sugar
2 eggs
2/3 c. oil
1 tsp. vanilla

Sift together cornstarch, baking powder, and salt. Set aside for a while. Beat the egg. Add the oil, vanilla and sugar. Then add the sifted dry ingredients. Mix well. Pour by teaspoonfuls on an unoiled cookie sheet. Set apart each drop with 2" space between. Flatten each drop by using the wet bottom of a glass. Bake in a 400°F. oven. Cook for 10 minutes.



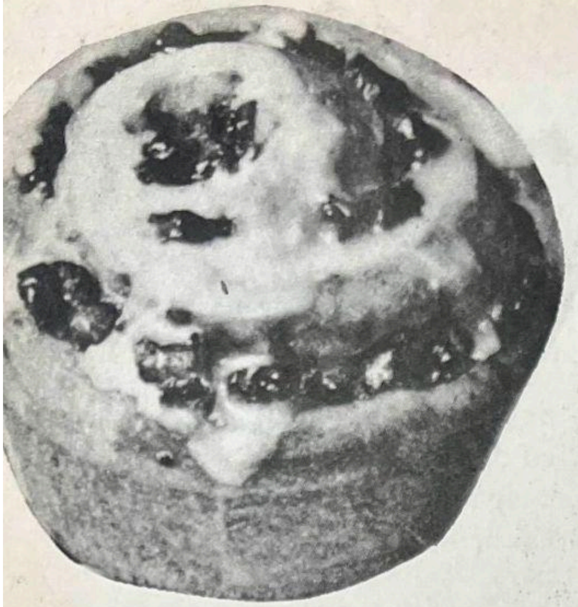
Meat-potatoburgers

3/4 pound ground beef
3/4 cup ground or coarsely grated raw potato
1/4 cup ground or grated onion
2 tablespoons chopped green pepper
1 teaspoon salt
1 egg
Drippings or other fat
1 cup tomato juice or puree
1 tablespoon flour

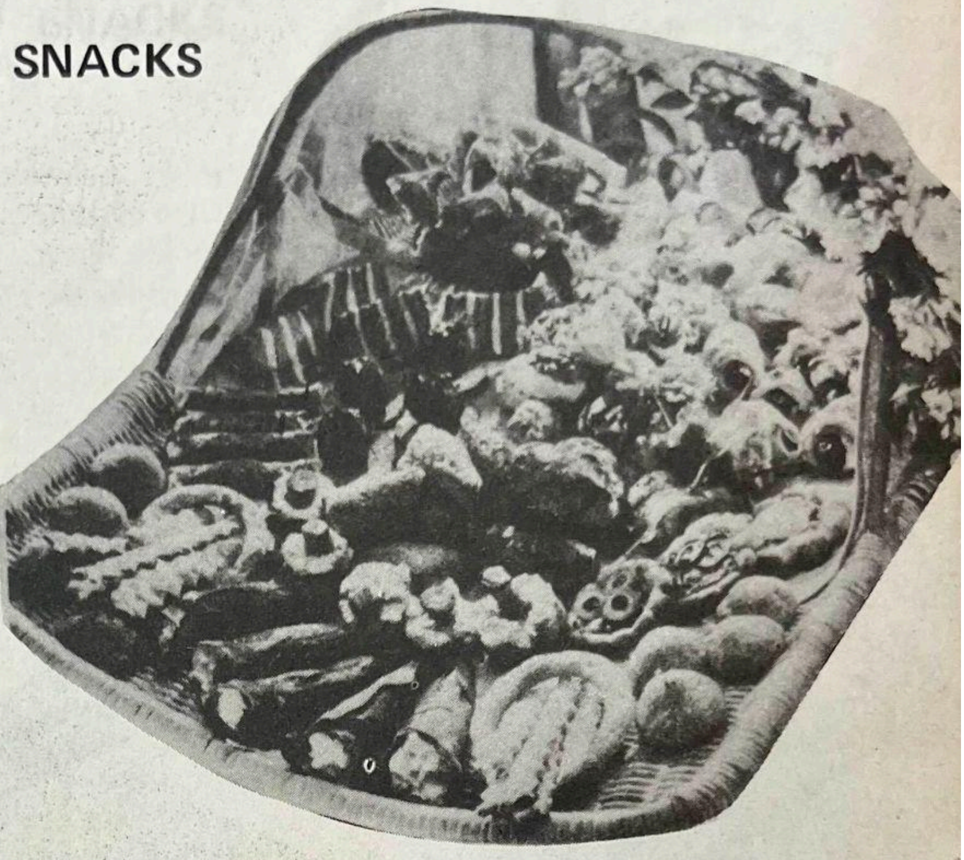
Mix all ingredients except fat, tomato juice, and flour. Form into 4 or 5 flat cakes.

Brown the cakes on both sides in fat in a frying pan. Add tomato juice, cover, and simmer slowly until done—about 25 minutes.

Remove cakes and keep hot. Mix flour with a little water and stir slowly into tomato juice in which the cakes simmered. Cook slowly, stirring constantly until thickened. Pour sauce over cakes.



SNACKS



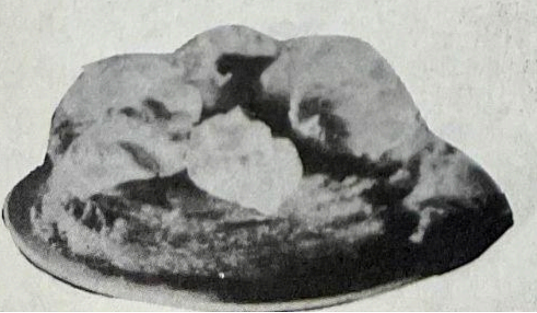
Potato and Frankfurter Soup

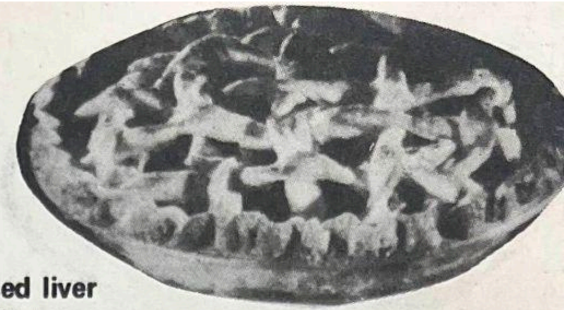
2 cups diced potatoes	1-3/4 teaspoons salt
1 small onion, sliced	Pepper
1-1/2 cups boiling water	2 cups milk
2 frankfurters	2 tablespoons minced parsley

Cook potatoes and onion in boiling water until soft. Put through a ricer or mash slightly. Cut frankfurters into 1/4-inch slices. Add frankfurters, seasonings, and milk to potato mixture. Heat thoroughly, add parsley, and serve. Serve with a salad of chopped lettuce, tomato, celery, and cheese. Have dried fruit upside-down cake for dessert. Cooked apricots and prunes make a colorful cake.

Salami or other luncheon meat, cut in pieces, may be used instead of frankfurters. Allow one slice per person. Or sprinkle the soup with chopped cooked ham before serving.

Salt pork, bacon, or fresh sausage may be used. Dice or crumble the meat and fry until crisp before adding it to the soup.





Scalloped potatoes with liver

6 medium-size potatoes, sliced	**1/2 pound sliced liver**
2 medium-sized onions, sliced	**Salt, pepper, flour**
Milk	

Put a layer of potatoes into a greased baking dish, sprinkle with salt and pepper. Add a few slices of onion. Continue until all are used, making the top layer potatoes. Add enough milk to cover.

Cover the dish and bake in a moderate oven (350° F.) about 40 minutes or until potatoes are almost tender.

Meanwhile, sprinkle liver with salt, pepper, and flour. Brown lightly in a little fat. Cut into small pieces.

Sprinkle liver over potatoes, and continue baking, covered, until potatoes are done.

To Complete the Meal

Serve with tomato juice, snap benas or cauliflower, and carrot and cabbage. Choose a fruit dessert such as dried-fruit whip.

Other Potato-Meat Dishes

Use cheese, cooked ham, beef, or other meat in place of liver.

Mashed Potato - Meat Pie. – Moisten left-over mashed potatoes with hot milk and bean until fluffy. Put a meat stew in a baking dish, top with the potatoes and brown lightly in a hot oven (400° F.).

Potato Pancakes with Cheese Sauce

2 cups grated raw potato	**2 tablespoons flour**
1/4 cup milk	**1 tablespoon finely chopped onion**
1 egg, beaten slightly	**1 teaspoon salt; pepper**

Stir grated potato immediately into milk. Add other ingredients.

Drop mixture by spoonfuls into a greased frying pan and cook slowly until well browned and crisp on both sides.

Cheese Sauce

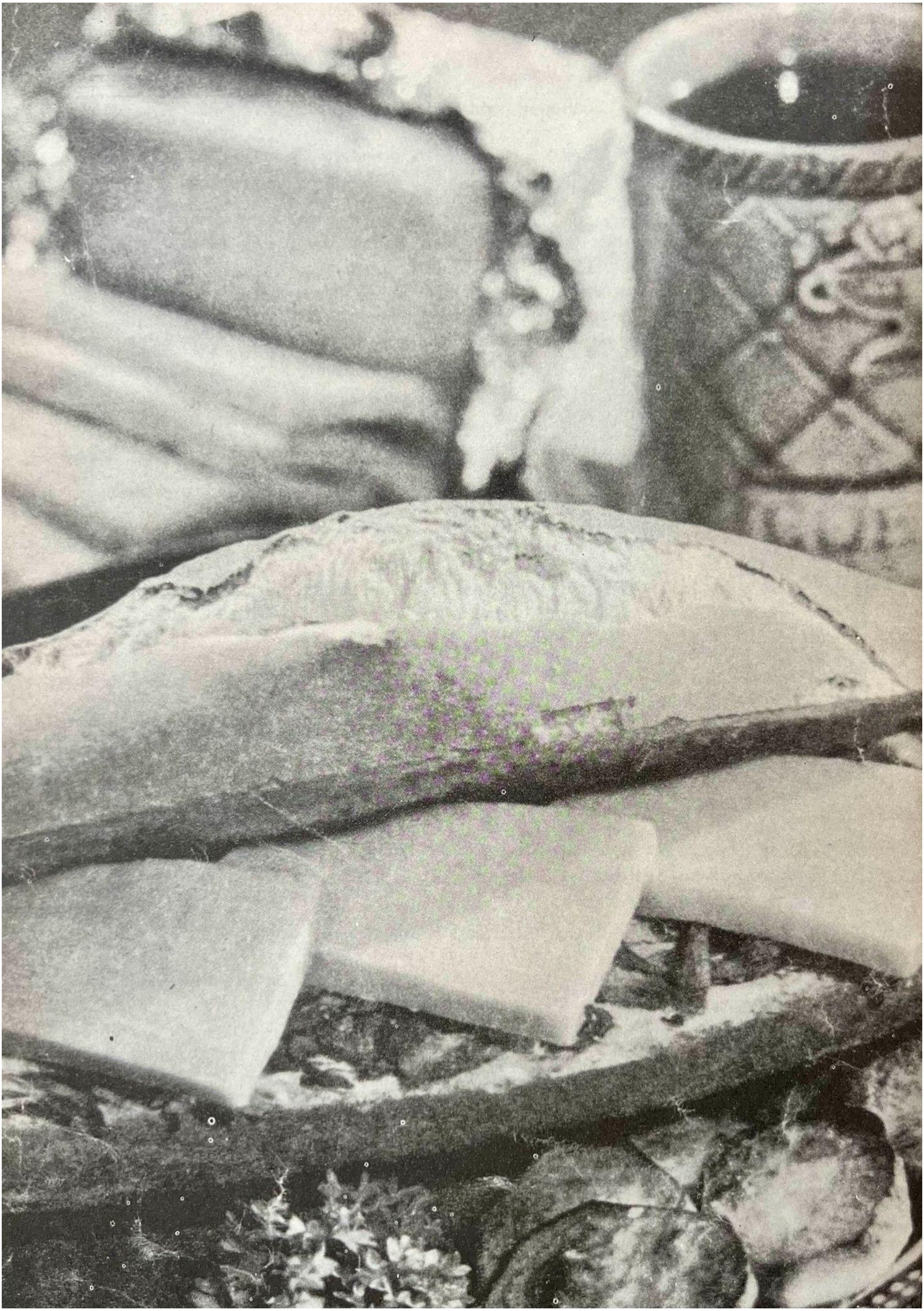
4 tablespoons fat	**1/2 pound cheese, shaved with thin (about 2 cups)**
4 tablespoons flour	**Salt and pepper**
2 cups milk	

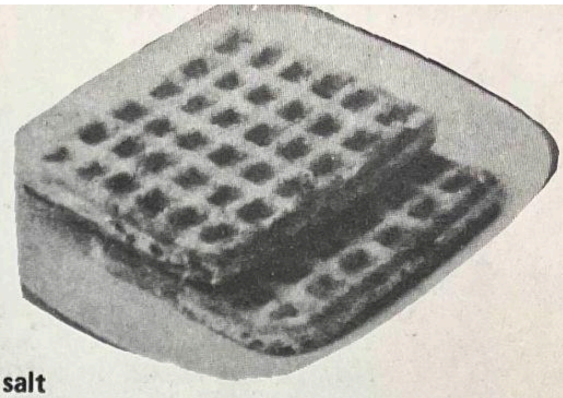
Melt fat, blend in flour, and add milk slowly. Cook over low heat until thickened, stirring constantly.

Remove from heat and add cheese. Stir until cheese is melted. Season with salt and pepper.

Serve with kale, a celery and carrot salad, and fruit shortcake.

Serve pancakes with a ham and egg sauce. Use 1-1/2 cups diced cooked ham and 2 chopped hard-cooked eggs instead of the cheese.





Vegetable Chop Suey

1 green pepper, shredded	1/2 teaspoon salt
1-1/2 cups shredded onion	2 teaspoons cornstarch
1-1/2 tablespoons fat	2 tablespoons water
3/4 cup diced celery	1 cup quartered mild-flavored radishes or sliced carrots
1-1/2 cups cooked dry soybeans	Soy sauce
1-1/2 cups meat broth	

Cook green pepper and onion in the fat in a frying pan 3 or 4 minutes, turning them often.

Add celery, soybeans, broth, and salt. Cover and simmer 5 to 8 minutes.

Blend cornstarch with water, stir into the mixture, and cook until thickened. Add radishes or carrots and soy sauce to taste. Serve with hot flaky rice.

Soybean Souffle.—To 2 cups cooked dry soybeans, ground or sieved, add 2 beaten egg yolks. Season with chopped onion, parsley, salt, and pepper. Fold in stiffly beaten whites of eggs. Pour into a greased baking dish and bake in a moderate oven (325° F.) about 30 minutes or until set.

Dry Bean or Pea Soup

1 cup dry beans or peas	1 onion
2 quarts water	Few stalks celery, if desired
1/4 pound salt pork, cut in tiny pieces (about 2/3 cup)	1 tablespoon flour
	Salt and pepper

Soak beans or peas overnight in a quart of cold water or 4 to 5 hours in warm water.

Brown the salt pork and add to the soaked beans or peas. Add the onion, celery, and another quart of water.

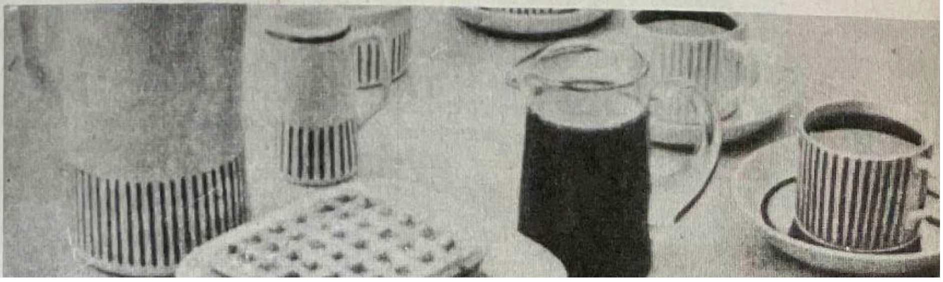
Simmer until the beans or peas are tender. If a smooth soup is wanted, press them through a strainer.

Add flour mixed well with a little water and cook, stirring constantly, until thickened. Season with salt and pepper.

Serve with a tomato aspic or fruit salad with cottage cheese, and custard pie.

Ham bone may be cooked with the beans, or chopped left-over meat or frankfurters cut into thin slices may be added to the cooked beans.

Hot Pot.—Add a clove of garlic, a little chopped onion, and 2 chili peppers or a teaspoon of chili powder to beans before cooking. After cooking, remove garlic and peppers.



THE LUNCH BOX

Other main dishes for the lunch box:

Hot Soup.—Pack in a thermos bottle. A thick bean soup, split pea soup with thin slices of frankfurters, or homemade vegetable soup with rice or barley, are suitable. As are hearty chowders, such as tomato, lima bean, corn, or fish chowders.

Meat Stews.—Any meat stew with vegetables and gravy would be good served hot from the thermos bottle.

A Hard-Cooked Egg.—Plain or stuffed. The filling may be varied with minced celery, mustard, chopped parsley, onion, or chili sauce.

Chicken or Chop.—A cold drumstick or chop or any cooked meat to be eaten out of hand.

Boiled Ham Slices.—Thin slices, spread with minced vegetables and cottage cheese, rolled up, fastened with toothpicks.

Smoked Fish.—Boned and skinned, packed in serving size pieces. Sardine fillets drained and wrapped are readily acceptable.

Variety Meat.—Luncheon meat, liver sausage, or bologna are popular for the lunch box main dish. Always ready to serve, all give as good or better returns in protein per pound than most fresh meat.

To complete the lunch box meal:

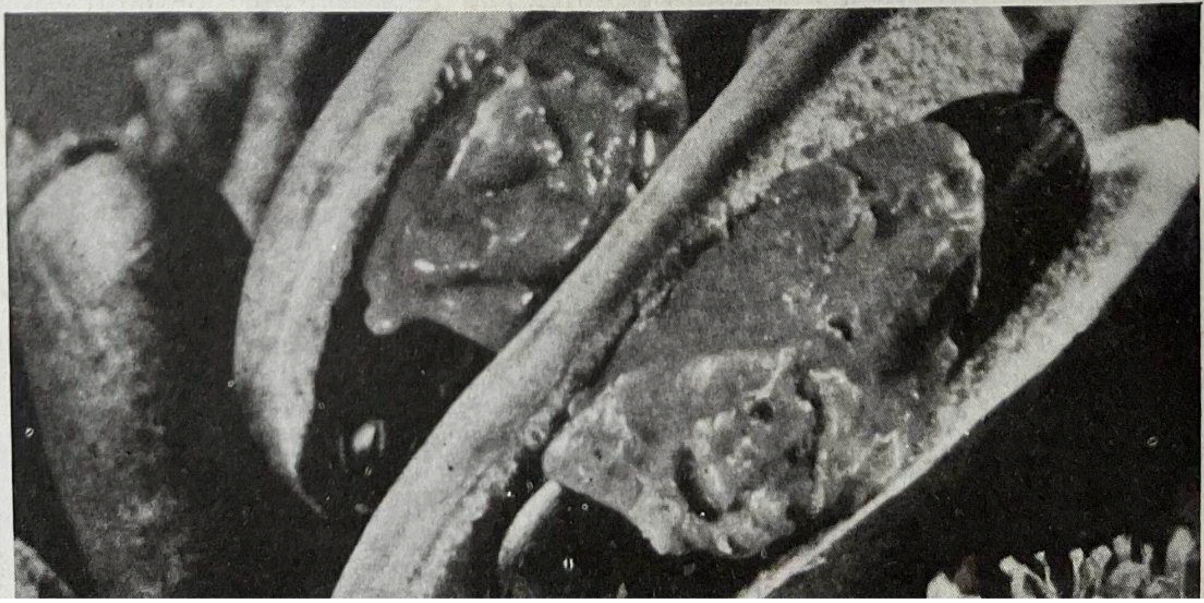
Plan the lunch box meal to include some contrast in flavors and textures. It is most appetizing when it contains something moist to offset the dry foods, something tart to offset the sweet and mild foods, and something crisp as well as something soft.

Relishes.—Raw vegetables add crispness. Some good accompaniments to sandwiches are juicy pickles, carrot and celery sticks. Try pieces of cauliflower, slices of turnip, cucumber, or onion, or leaves of lettuce rolled together.

Desserts.—If the main dish is soup or salad, put in cake or cookies for dessert. If the main dish is a sandwich, choose a juicy fresh fruit to go with it.

Fresh fruits, with or without cookies, are easy and acceptable desserts.

Sweet fruit desserts such as tarts, dried fruit in cakes or filled cookies, and fruits cooked in sirup taste best after a tart salad or mild-flavored soup or sandwich.



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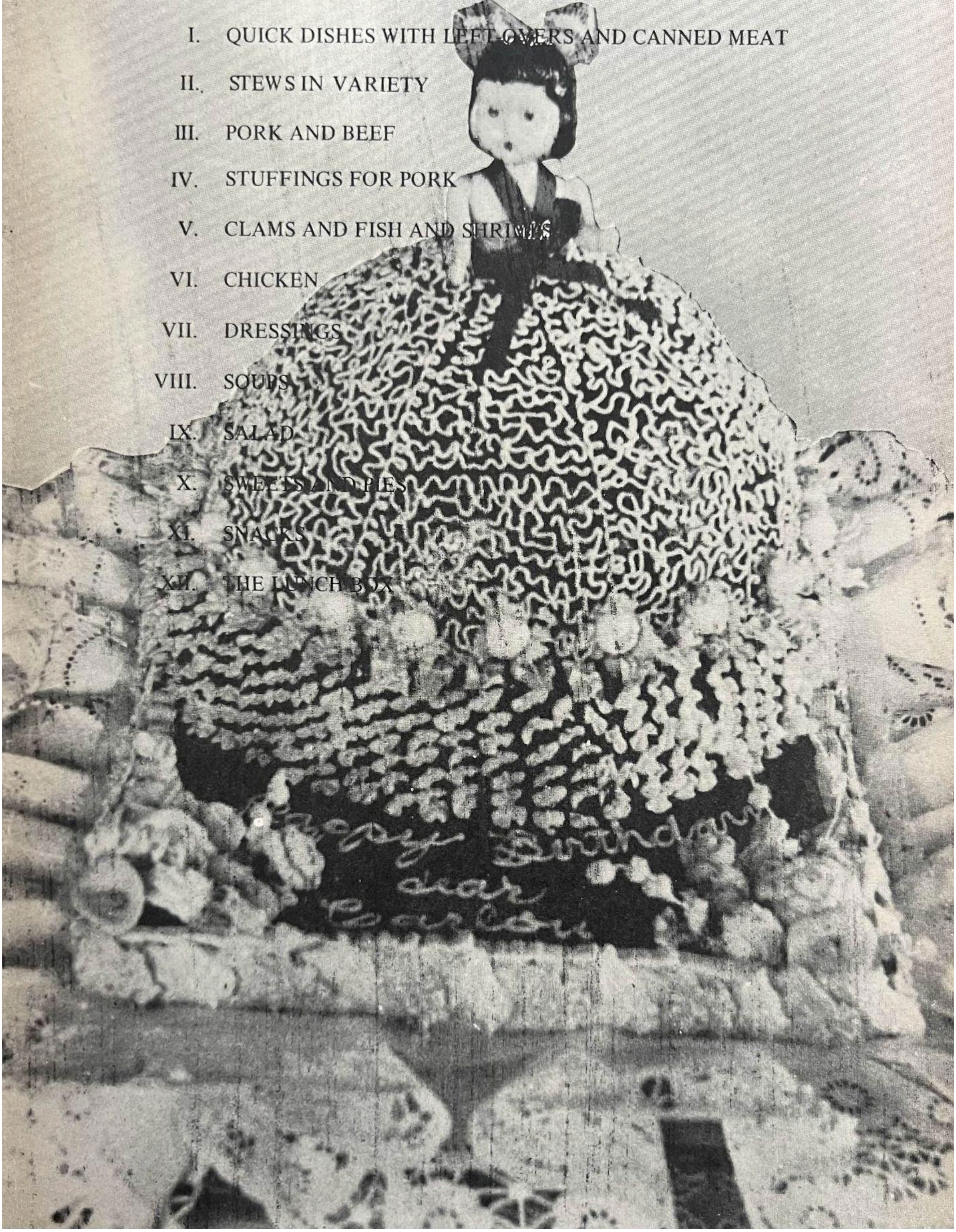

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